



People's Plaque: cast your vote

Which local heroes will you
choose for wall memorials?

SEE PAGES 10 & 11



The power of one person

Campaigner Hetty
Bower dies aged 108

SEE PAGE 15



Whitechapel old & new

Graham Barker's
walk of the month

SEE PAGES 20 & 21

ISSUE 986 18 - 24 NOVEMBER 2013

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eastendlife

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

LEST WE FORGET

Mayor moves to protect borough's war memorials

BY MEHREEN HUSSAIN

AS the centenary of the start of World War I approaches, the council is looking to protect the borough's war memorials to ensure the sacrifice of those who died is never forgotten.

Tower Hamlets has many memorials within its open spaces, public buildings, churches and schools.

They range in size from the magnificent war memorial within Tower Hamlets Cemetery to the surviving street corner plaques which were once an evocative feature of the East End.

Some of the memorials are very well known while others with-

in private buildings are less so.

Several war memorials within the borough are already protected by their statutorily listed status, but there are many significant memorials which still have no statutory protection. The council is planning to assess and catalogue its war-related heritage and look to see where it can be protected.

It will be asking residents about adding a number of war memorials to its local list for protection and to suggest other monuments, which may

have been omitted from the original list.

Mayor Lutfur Rahman said: "War memorials are an important way in which we honour the lives and sacrifices of those who fought for their country. By giving this protection we are ensuring that their heritage can be safeguarded for future generations."

Cllr Rania Khan, cabinet member for culture, said: "There are a large number of memorials in the borough, including a number of less well known ones which we think are important historical monuments and adding them to our local list will ensure they are protected."

Continued on page 7

(Left) A visitor at the Tower Hill Memorial to merchant seamen on Remembrance Sunday. See page 5



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WWW.RAPT-THCAT.ORG.UK

News

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Information included in the newspaper is not necessarily endorsed by Tower Hamlets Council.

East End Life is printed on recycled paper – when you have finished with the newspaper, please recycle it.

Raising awareness of the dangers of drink

BY ANNA WILSON

THIS week is Alcohol Awareness Week, which aims to encourage people to talk about the health risks and social problems associated with drinking to excess.

In the borough there will be workshops about alcohol addiction and misuse to information and awareness stalls.

Alcohol consumption in Tower Hamlets varies widely. About one in two of the population drinks no alcohol, but of those people who do drink, four in ten are classified as 'harmful' drinkers, compared to two in ten nationally.

Dr Somen Banerjee, director of public health for Tower Hamlets, said: "Drinking alcohol above the recommended limits can lead to a wide range of health problems, including long-term liver damage, cancers, strokes, heart attacks and increased accidents.

"I would encourage people to speak to their GP if they are concerned about their drinking, to discuss ways of cutting down or seeking treatment to reduce the harmful effects of alcohol."

Drug and alcohol outreach workers will be out on the streets offering advice and support to drinkers and encouraging them to access treatment.

Cutting down on alcohol brings numerous benefits, which include:



Outreach workers try to help street drinkers and point them towards support services

- reducing your risk of serious health conditions and embarrassing injuries
- maintaining a healthy weight as alcoholic drinks can be very high in calories
- feeling and sleeping better as alcohol is a depressant
- saving money, especially if you are a regular drinker.

Events include:

Mon-Fri: workshops and information sessions by Bangladeshi drugs project Nafas for students at **Tower Hamlets College** (Poplar campus) on alcohol use and its impact.

Mon, Nov 18: interactive display to raise alcohol awareness



An NHS poster

and information on support targeting young people aged 13-25. 4.30-6pm, **Meath Gardens, Smart Street, E2;** 6-7.30pm,

Redcoat Youth Centre, 260-262 Stepney Way, E1; 7.30-9pm, **Linc Centre**, 70 Fern Street, E3.

Tues, Nov 19: Somali substance misuse and khat project will deliver an alcohol harm reduction workshop. 12-2pm, **Tower Hamlets Mind**, 13 Whitethorn Street, E3.

Weds, Sept 20: information and awareness stall. 12-3pm, **Idea Store Canary Wharf**, Churchill Place, E14.

A full list of activities can be found on the events page at www.towerhamlets.gov.uk or call 7364 4935.

For general information on alcohol and its effects go to www.alcoholconcern.org.uk

Inside this week's issue

Schools news.....	6	Walk of the month.....	20 & 21
Useful information.....	8	Out & About Guide.....	22 & 23
Vote for People's Plaques.....	10 & 11	Eating out, eating in.....	25
History.....	15	Property.....	27-32
Council information.....	16 & 17	Recruitment & training.....	33-35
Harmony.....	18 & 19	Sport.....	37-40



We must make it as safe as possible

"I remain a firm believer in the need to make cycling attractive and, in order to do so, I believe we have a responsibility to make our roads as safe as possible."

MAYOR LUTFUR RAHMAN

Show your support

Join London Cycling Campaign's email petition to the mayor of London calling for safer cycling.

LCC.ORG.UK

News

After a horrifying 9 days on London's streets, cycling campaigners demand action

HUNDREDS of cyclists joined a protest at Bow roundabout last Wednesday night calling on the mayor of London to redesign the junction to make it safe for cycling. They rode round the roundabout, blocking the junction in a flash demonstration organised by the London Cycling Campaign (LCC). As the protesters came to a halt near the site where Venera Minakhmetova was killed earlier in the day, LCC trustees chair Ann Kenrick read out the names of the most recent London cycling victims. Five cyclists died in London between November 5-14, and the campaign is calling for immediate protected space for cycling at Aldgate junction, the installation of cycle and pedestrian traffic lights across Bow roundabout and a timetable for upgrading cycle superhighway 2. LCC chief executive Ashok Sinha said: "We warned the mayor of London about the potentially lethal



flaws on superhighway 2 over a year ago. He must now signal that he wants to eliminate such avoidable fatalities by transforming CS2 –

including the junctions at Bow and Aldgate – into an example of the highest standards in cycle safety. "We extend our sympathy to the

recently bereaved, and to everyone who has lost family or friends in collisions on London's streets."

Pictures © London Cycling Campaign

Skills course for bikers

THE council is offering places on a free one-day rider skills course for motorbike and scooter riders as part of this week's National Road Safety Week.

Open to anyone who lives or works in Tower Hamlets, it aims to improve hazard awareness, riding and maintenance skills.

The day will include a classroom session and an observed ride on the road. Participants will be given training from police motorcyclists, and receive feedback and a certificate.

To qualify to take part you must have your own road-worthy motorbike or scooter, hold a full UK driving licence (both parts), a valid MOT and insurance certificate, appropriate clothing and breakdown cover.

One hundred Bike-Safe training vouchers for the course are available on a first come, first served basis. Vouchers are available from the council's road safety team or at the motorcycle education and training event on Wednesday, November 20 from 4.30-7pm at Anchor Retail Park, 123 Mile End Road, E1.

For details call the Tower Hamlets road safety team on 7364 2221 or email roadsafety@towerhamlets.gov.uk.

Witness appeal as two more cyclists die on borough's roads

BY LARAIN CLAY

THE mayor of Tower Hamlets is urging Boris Johnson to implement plans to make improvements to the Bow roundabout, following the third death of a cyclist at the junction in two years.

Venera Minakhmetova, 24, who lived in Bethnal Green, was killed when she was hit by a lorry at about 8.45am on Wednesday, November 13.

Just hours later another cyclist in his 30s was killed in Whitechapel, at 11.30pm, when he collided with a double decker bus, close to the spot where a French student was killed in July.

Their deaths followed that of hospital porter Brian Holt, 62, who was hit by a tipper lorry in Mile End Road on November 5.

All three cyclists were using the cycle superhighway CS2, linking Aldgate with the Bow roundabout and which Mayor

"The level of fatalities associated with this initiative is unacceptable."

Mayor Lutfur Rahman

Rahman is calling on the mayor of London to urgently review to make it safer.

"I am sure you will be acutely aware of the suffering that such tragedies bring to local communities, devastating the immediate families of the victims but also friends and loved ones," Mayor Rahman wrote in an open letter to Mr Johnson.

He said such accidents "damage people's confidence in cycling as a safe mode of transport".

"The level of cycling fatalities associated with this initiative in Tower Hamlets is unacceptable and a matter of deep concern, not only to me personally but also to the cycling fraternity and to the wider borough

community," he added.

Police are calling for witnesses to both accidents to come forward. The lorry involved in the accident at Bow was travelling westward along the A11 and was

believed to have been turning south on to the A12.

The driver stopped at the scene but was not arrested.

The man, who had not been named as East End Life went to press, was involved in the accident with a 205 bus in Whitechapel Road near the junction with Commercial Road was taken to hospital, where he died at 4am on November 14.

Anyone with information about the Bow accident should

call 8597 4874 and about the Whitechapel accident call 8597 4874. Information can be given anonymously on the Crimestoppers number – 0800 555111.

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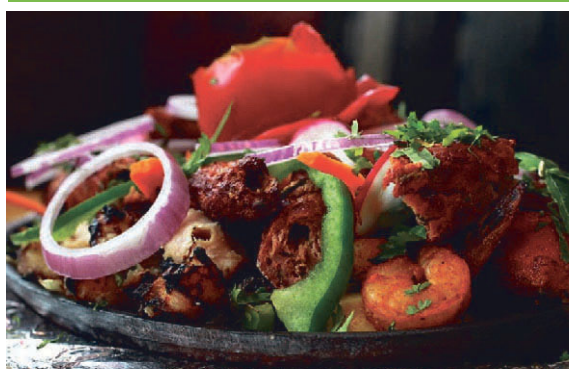
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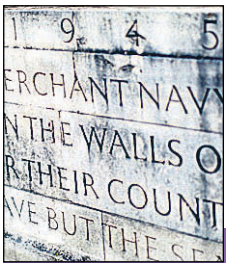
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Tower Hill war memorials

The WWI memorial commemorates almost 12,000 Mercantile Marine casualties lost at sea, and the WWII sunken garden commemorates nearly 24,000 British and 50 Australian seamen.

SEE BELOW

Town Hall bell

The 1,490-ton frigate HMS Crane was adopted by the people of Bethnal Green during WWII.

SEE BELOW

News

BY STAFF REPORTER

THOUSANDS paid their respects to the servicemen and women who gave their lives in two World Wars and other conflicts at commemoration events across Tower Hamlets on Remembrance Sunday and Armistice Day on Monday.

The Honourable Company of Master Mariners hosted a service of remembrance to pay tribute to seafarers of the Merchant and Royal Navies who lost their lives at sea.

The Reverends Reginald Sweet and Margaret Sweet led the service at the memorial in the Sunken Garden, Tower Hill.

Council speaker Cllr Lesley Pavitt, Mayor Lutfur Rahman and councillors Peter Golds, Kabir Ahmed, Stephanie Eaton and Rajib Ahmed were among those who represented the council at the event and laid wreaths during the ceremony.

Representatives from the navies and other maritime organisations, commercial companies, charities, trade unions and



schools including Queen Victoria Seamen's Rest and Tower Hamlets Squadron Air Training Corps attended, while HMS President provided the guard and bugler, Sea Cadet Will Nicholson.

St John on Bethnal Green Church and Christ Church on the Isle of Dogs conducted Remembrance Day Services.

At Tower Hamlets Cemetery Park, Mark Aitken of St Katharine's led a Remembrance Day ceremony for people of different faiths and those of none.

And at the Town Hall in Poplar, councillors and council officers were joined by

Remembering lost loved ones

Malcolm Tagg and Joe Smith from the HMS Crane Association, to observe two minutes silence at 11am on Armistice Day, November 11. Cllr Pavitt, Cllr Golds and Cllr Gulam Robbani laid wreaths in front

of the HMS Crane ship bell, which was presented to the borough by HMS Crane Association, in memory of all those who served on the 1,490 ton frigate adopted by the people of Bethnal Green during WWII.



(Above) Memorial service in the Sunken Garden, Tower Hill (Right) Mayor Rahman lays a wreath, watched by Commander John Ludgate and speaker Cllr Lesley Pavitt (Left, from top) Veterans from the Royal Naval Association by the monument's roll of honour; bugler Sea Cadet Will Nicholson; council speaker Cllr Pavitt, Cllr Golds and Cllr Robbani pay their respects with staff at the Town Hall on Armistice Day



Improving your area

Decide how to spend £10,000 in your area – see details of your local ward forum meetings.

SEE PAGE 9

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Schools news

Charity sale by students

BUDDING entrepreneurs had a go at selling their wares to real customers when they took over stalls at Crisp Street Market.

Thirty students took part in a business school run by Tower Hamlets Education Business Partnership (EBP) at half-term, spending the first couple of days at Bow School learning business basics before heading out for a sales day.

One group headed to Crisp Street while another pitched their wares at the staff dining room at Barclays offices in Canary Wharf, both selling gifts and cards they had designed. They raised £580 which was split between Poplar charity Splash and Save The Children.

The week ended with a Dragons' Den style event.

Learning links with Tanzania

BY LARAIN CLAY

CHILDREN and staff at Hague Primary School in Bethnal Green hosted a visit from a head teacher from Tanzania who wanted to find out about life and learning in Tower Hamlets.

The Bethnal Green school is linked with the Njipanda Special Primary School for deaf children in Moshi rural, near Kilimanjaro in Tanzania, through the Connecting Classrooms project.

The two schools have linked up to give their pupils a global dimension to their learning and also to share good practice about teaching deaf children.

In August two teachers



from Hague, which has provision for deaf and partially hearing pupils, travelled to Tanzania to find out about life in east Africa, education in Njipanda and to share teaching practice.



Fiona Lowther and Aidan Whitelaw were warmly welcomed and returned home with lots of ideas to support children's understanding of the world beyond Hague which they hope will enrich the curriculum and learning at Hague.

Njipanda school head teacher Julius Mghamba travelled to Tower Hamlets last month and enjoyed an assembly and special performances by the pupils.



(Left) Pupils entertain their guests (Above) Njipanda head teacher Julius Mghamba

Connecting Classrooms is a global education programme organised by the British Council, linking up schools around the world and giving teachers professional development opportunities.

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News

University makes Bow rapper Dizzee a doctor

BY LARAIN CLAY

BOW rapper Dizzee Rascal is to receive an honorary doctorate in the arts from the University of East London this week.

And joining him will be photographer David Hoffman, also from Bow, who will be recognised for his work, often covering protests, which has documented social and race issues in Britain for more than 30 years.

They are among 11 people being recognised as leaders in their field and for their contribution to the east London

community and beyond. As a musician, songwriter and producer, Dizzee has become a superstar of British music.

He won the Mercury Music Prize in 2003 when he was aged just 19, making him the youngest person to pick up the award.

Last year he performed at the opening ceremony of the London 2012 Olympics.

Mr Hoffman, 67, who has lived in the borough for more than 40 years, said he was honoured with the recognition of an honorary doctorate in the arts.

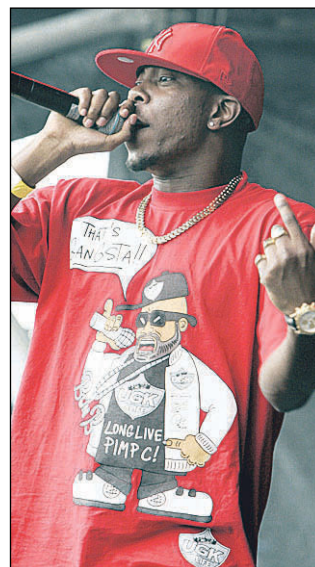
"I'm utterly stunned, flattered and amazed. This could

never have happened without the generous support of my amazing friends and colleagues," he wrote on Facebook.

Former UEL student Martine Wright, who lost both of her legs in the Aldgate Tube explosion in the July 7 London bombings in 2005, will be awarded an honorary doctorate in science.

Last year she took part in the Paralympic Games as a member of the GB women's sitting volleyball team.

Ceremonies will take place at the university on different days of this week, with Dizzee and Mr Hoffman receiving their doctorates on Thursday.



Dizzee Rascal on stage

News in brief

Fight food waste

RESIDENTS can learn more about reducing food waste at events during European Week for Waste Reduction.

The council's recycling team will be on hand to give advice and recipe ideas, and how to shop smartly.

Love Food Hate Waste stands will be at Idea Store Whitechapel, 321 Whitechapel Road, E1 on Wednesday, November 20 and at Idea Store Bow, Gladstone Place, E3 on Thursday, November 21, from 10.30am-2.30pm.

Deaf arts festival

DEAF and hard-of-hearing artists and performers were the stars of the show at an arts event held at Rich Mix.

The arts centre in Bethnal Green Road hosted the Includoo Deaf Arts Festival on November 9.

The organisers invited visu-

al artists, dancers and film makers who were all themselves deaf or hard of hearing.

The daytime leg of the festival was aimed at families with face painting, live acts, arts workshops and a young people's art exhibition, while in the evening there was a party.

Church comes first

ST Paul's Church in Bow Common, known locally as 'the gate of heaven', has been chosen as the UK's Best Modern Church in an architecture competition organised by the National Churches Trust.

Archbishop of Canterbury Justin Welby presented the National Churches Trust diamond jubilee award to St Paul's, at a ceremony at Lambeth Palace on November 7.

St Mary & St Joseph Roman Catholic Church in Poplar came joint tenth in the competition.



Mayor Rahman by the war memorial at All Saints, Poplar

Move to protect memorials

Continued from page 1

The council's local list is made up largely of buildings of local interest, which were considered for statutory listing in 1973.

A number of buildings have been added over the years.

The cabinet on November 6 agreed to proceed with a consultation on the addition of war memorials to the list at a meeting. The consultation is due to begin in December and details will be available on the council's website and in East End Life.

Drama kids show off their films

STUDENTS from the Anna Fiorentini Theatre and Film School will be able to see their work on the silver screen at a red carpet event in Whitechapel.

The school's first Fiorentini Film Festival is at the Genesis Cinema in Mile End Road this Monday, November 18.

The event will showcase up-and-coming talent from the school with a series of short films written by the students, all aged between seven and 18, and directed by tutors Nigel and Lainy Boyle.

The not-for-profit drama school hopes to raise money for its Foundation through ticket sales and a raffle.

The Fiorentini Bake Off competition will also be held on the night so cakes will be available to buy during the interval.

Tickets to the festival, costing £10, are available from hello@annafiorentini.com or by calling 7682 1403.

Doors open at 5.30pm with the first screening at 6pm.

Have your say on SAFETY in ST KATHARINE'S AND WAPPING



Tower Hamlets residents are invited to join the Deputy Mayor Cllr Ohid Ahmed, and Police Borough Commander for a walkabout to look at community safety issues in St Katharine's and Wapping ward.

The interactive walkabout will focus on how the council and police are reassuring residents and tackling anti-social behaviour, drug dealing and misuse in the area, as well as further action that is needed.

DATE: Friday 22nd November 2013

TIME: 4 – 5.30pm

MEETING POINT: St Georges Town Hall (reception) 236 Cable Street, E1 0BL

VISITING:

- Wapping Woods
- Pennington Street
- Thomas Moore Street



>> Residents do not need to register and can just show up on the day



Christmas is coming...

December means the financial pressure of Christmas, colder weather and a new school term. If you are worrying about how you will cope with too little money and too many bills, call

7392 2989

Useful information

Xmas cash flow

Advice from Financially Inclusive Tower Hamlets Partnership

YOU might have heard about Community Money Mentors, the free personal finance course that you can take in Tower Hamlets.

Participants tell us that one of the main reasons they kept coming was because they learnt practical ways to save money, cut bills and improve their financial situation every week.

And you can get all that just for turning up and taking part! If you are interested, contact Gary Wells at money@toynbee.hall.org.uk or on 7392 2989.

And if you work or volunteer in an organisation which would find the Money Mentor course useful, get in touch as we are starting to book the next round of courses from January.

DECEMBER is looming – for some of us it means the financial pressure of Christmas, colder weather and a new school term round the corner.

If you are worrying about how you will cope with too little money, too many bills and expenses, you can book a confidential session with one of the FITH team – they can help you sort out your money, budget ahead for Christmas, and get on top of your finances.

Contact the team on money@toynbeehall.org.uk or 7392 2989. And if you are dealing with unpaid bills or debts you just can't afford, you can get free, expert advice from one of the free debt advice agencies in Tower Hamlets. See page 13.

ONE of the best things about being 64 is that I was able to retire with a state pension at the age of 60 – writes Sheila Harris, a volunteer at East End Citizens Advice Bureau.

But that's history now – state pension age for women is

steadily going up to 65 by November 2018, then will keep rising up to at least age 68. But the government plans regular reviews of pension age to take account of the fact that we are living longer on average, so these dates may change.

If you are thinking about when to retire, it will be important to know when your state pension will kick in. But most of my friends and relations have no idea, and you may be the same.

To find out when you can get your pension, based on the current plans, you can go online and use the government's pension calculator at www.gov.uk/calculate-state-pension.

You can also find out about another important decision you can make when you reach pension age – if you decide to keep working and delay taking your state pension you can increase the pension you receive by one per cent for every five weeks you delay – 10.4 per cent over a full year. That's £595 a year at today's pension rate.

If you defer for over a year you can take the increase as a lump sum, which includes interest.

The decision about when to retire is yours to make, unless your employer can justify asking you to go at a certain age. If they simply put a retirement age in your contract without having a good reason for it, requiring you to go at that age could be unlawful age discrimination.

Deciding when to retire is a big issue. You'll want to look at any occupational pension as well as your state pension and find out what benefits you may be entitled to. All of that is much easier to do on line. But the closer you are to retirement age, the less likely you are to have been brought up using computers on a daily basis.

If you do not have a computer at home you can book to use a computer in your local Idea Store. You can also find out about IT courses there. You are never too old to get online – my father-in-law got his first computer at the age of 97.

By Sian Williams, FITH Partnership

Chemist rota

Pharmacists in Tower Hamlets with extended opening hours.

E1

ABC Drug Stores, 12-14 Montague Street: Mon-Fri 9am-7pm, Sat 9am-5.30pm, Sun 10am-2.30pm.

Beck & Sherman, 197 Whitechapel Road: Mon-Fri 9am-7pm, Sat 9am-5.30pm, bank holidays 11am-1pm.

Sainsbury's, The Albion Brewery: Mon-Fri 8.30am-10pm, Sat 7.30am-10pm, Sun 11am-5pm.

Advice

East London Parkinson's Support Group

For people with Parkinson's disease and their carers. Meets third Tuesday each month, 11am at John Scurr Community Centre, 1A Bekesbourne St, E14. 0844 225 3704/0808 800 0303

Family Information Service (FIS)

Information for people from birth to age 19 (or 25 for those with additional needs) including helping to find childcare, advice on tax credits and childcare vouchers. Open Mon-Fri, 8am-6pm Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 fis@towerhamlets.gov.uk 7364 6495

Alzheimer's Society Tower Hamlets

Advice and help for carers and people with dementia. Mon-Fri, 9am-5pm. Robinson Centre, Mile End Hospital, Bancroft Road, E1. 8121 5626

Tower Hamlets Advocacy Project

Independent advocates for adults with learning disabilities. Mon-Fri, 9.30am-4.30pm. Gladstone Place, 1 Ewart Place, E3. 7364 2550/2199

Parents Advice Centre (PAC)

Offers advice around special educational needs (SEN). 30 Greatorex Street, E1. Drop-in sessions every Tues, 9.30am-3.30pm & Fri, 9.30am-1pm. 7364 6489

Chapel, 139 Cannon Street: Mon-Fri 9am-8pm, Sat 9am-6pm.

E2

Fairdale, 360 Bethnal Green Road: Mon, Tues, Weds, Fri 9am-6.30pm, Thurs 9am-1pm, Sat 9am-6pm, bank holidays 11am-2pm.

Florida, 307 Bethnal Green Road: Mon-Fri 9am-7pm, Sat 9am-6pm, bank holidays 11am-2pm.

E3

Bell, 534 Roman Road: Mon-Sat 7am-11pm, Sun 10am-2pm.

Forward, 648 Mile End Road:

Mon-Fri 9am-7pm, Sat 9am-6pm, Sun and bank holidays 10am-6pm.

Green Light, St Andrew's Health Centre, 2 Hannaford Walk: 8am-8pm, seven days a week, including bank holidays.

Lincoln, 60 St Paul's Way: Mon, Tues, Weds 8am-8pm, Thurs, Fri, 8am-8pm, Sat 9am-5pm.

Tesco, Hancock Road: Mon 8am-10.30pm, Tues-Fri 6.30am-10.30pm, Sat 6.30am-10pm, Sun 11am-4pm.

E14

Boots, Unit 15, Jubilee Place: Mon-Fri 7am-midnight, Sat

9am-6pm, Sun 12pm-6pm. **Britannia (Perimart), Asda Precinct, East Ferry Road:** Mon-Sat 9am-8pm, Sun 11am-4pm, bank holidays 11am-6pm.

Doctors

Please ring your doctor's surgery for an appointment, but if it's the weekend or late at night, call 7377 7151 (only for people in Tower Hamlets who are registered with a doctor). To find a doctor, dentist or help to quit smoking call the health hotline on 7364 5016, Mon-Fri 8am-8pm and Sat 8am-4pm.

LinkAge Plus

An initiative of the Department for Work and Pensions. Toynbee Hall is one of five centres that coordinates services and activities provided. Mon-Fri from 9am-5pm, drop-in session for advice on benefits, pensions, employment and housing. Appointments necessary. Mon 9am-5pm, Bangladeshi group. Toynbee Hall, Commercial Street, E1 7392 2914 www.toynbeehall.org.uk

Free Advice

Benefits, housing, immigration. Bengali speakers, home visits to

house-bound. Weds, 10.30am-12.30pm, Island House, Roserton Street, E14. Thurs, 1-3pm, Splash, Will Crooks Estate, Poplar High Street, E14. 7987 9379

Skillsmatch

Free advice on all aspects of employment including training, apprenticeships and job vacancies. Canary Wharf Recruitment & Training Centre, 8 Heron Quays, E14. 7364 3727 or email skillsmatch@towerhamlets.gov.uk

Tower Hamlets National Childbirth Trust



Photo order form

Copies of pictures published in East End Life taken by council photographers are available to readers. To request a copy, email eastendlife.news@towerhamlets.gov.uk and we can send it straight away. If you do not have access to email fill in this form and send it to Photos, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. This service does take longer.

Name

Address

Issue no.

Page no.

Offers support, information and friendship. Regular events. 07976 710964 or towerhamletsnc@yahoo.com www.nct.org.uk

Breastfeeding Support Centres

Mon 11am-1pm Wapping Children's Centre, 15 Chandler St, E1. Weds 12.30-2.30pm, Collingwood Children's Centre, Buckhurst St, E1. Fri 12.30-2.30pm, Overland Children's Centre, 60 Parnell Rd, E3. Sun 2-4pm Barkantine Birth Centre, 121 Westferry Rd, E14. 3594 2591 or 07961 609 626

Families with Autism

Spark Centre, Smart Street, E2. 8981 4924 fwautism@btinternet.com

Free home fire safety advice

From the London Fire Brigade 08000 28 44 28

Careers advice

Tower Hamlets Careers Service

Careers advice for ages 13-19 (up to 25 SEN). Mon-Fri, 1pm-5pm. Careers Centre, 35 Bow Road, E3. 7364 1401

TH Lifelong Learning

Mon-Thurs, 10am-4pm. Shadwell Centre, 455 The Highway, E1.

Careers advice

Support from Civic Enterprise Clubs Co-operative. Tues & Thurs, 1-4pm & 6-9pm. Bishopsgate Institute, 230 Bishopsgate, EC2. 07432 463343



'It was carnage below decks'

"The boat went over 90 degrees. When I got down below decks, all the food that had been in lockers was all over the ceiling. It was carnage – people ended up in positions they shouldn't be in."

MICHELLE PORTER, LEFT

Fundraising sail

Michelle is raising money for the Alzheimer's Society by taking part in the Clipper Round the World yacht race.

SEE BELOW

News

Help the council spend £10,000 in your ward

DON'T miss the chance to help spend £10,000 in your area.

Next month 17 local community ward forums – one for each ward in the borough – will get underway. Each forum will have at least £10,000 to spend to improve the area in the way residents think best.

This could be on new open spaces, highway improvements, a community event or whatever else people decide. The first meetings will decide on up to three priorities in each ward for spending the money.

Mayor Lutfur Rahman said: "A strong community spirit is what makes this borough great. These forums will help bring people together even more."

The venues and dates of the first round of meetings are:

Bethnal Green North: Raine's Foundation Upper School, Approach Road, E2 – Thurs, Dec 12. 6.30pm.

Bethnal Green South: Oxford House, Derbyshire Street, E2 – Mon, Dec 9. 6.30pm.

Blackwall & Cubitt Town: Mudchute Farm, Pier Street, E14 – Thurs, Dec 5. 6.30pm.

Bow East: St Paul's Church, St Stephen's Road, E3 – Weds, Dec 4. 6.30pm.

Bow West: Butley Court Community Centre, 1 Butley Court, E3 – Weds, Dec 11. 6.30pm.

Bromley-by-Bow: Kingsley Hall, Powis Road, E3 – Dec 16. 6.30pm.

East India & Lansbury: Trussler Community Centre, 78 Grundy Street, E14 – Dec 8. 4pm.

Limehouse: St Matthias Community Centre, Poplar High Street, E14 – Thurs, Dec 12. 6.30pm.

Mile End & Globe Town: Tramshed Community Centre, Digby Street, E2 – Weds, Dec 11. 6.30pm.

Mile End East: East London Tabernacle Baptist Church, Burdett Road, E3 – Fri, Dec 13. 6.30pm.

Millwall: Alpha Grove Community Centre, Alpha Grove, E14 – Tues, Dec 17. 6.30pm.

Shadwell: Tarling East Community Centre, 63 Martha Street, E1 – Tues, Dec 10. 6.30pm.

Spitalfields & Banglatown: Osmani Centre, 58 Underwood Road, E1 – Weds, Dec 11. 6.30pm.

St Dunstan's & Stepney Green: Harford Multicentre, 115 Harford Street, E1 – Sat, Dec 14. 2pm.

St Katharine's & Wapping: Raines House, Raine Street (off Wapping Lane), E1W – Thurs, Dec 5. 6.30pm.

Weavers: St Peter's Mission Hall, Warner Place, E2 – Weds, Dec 10. 6.30pm.

Whitechapel: Idea Store Whitechapel, 321 Whitechapel Road, E1 – Tues, Dec 3. 6.30pm. Visit www.towerhamlets.gov.uk

Nominations for awards

ORGANISERS of an annual award scheme recognising the achievements of British Bangladeshis is seeking nominations.

Each year the British Bangladeshi Power & Inspiration celebrates the success of 100 people from across the UK. The 2014 list will include a new People's Choice category. Visit www.bbpower-inspiration.com

Yacht race dreams halted

BY PETER FAULKNER

A POPLAR woman's dream of racing round the world turned into a nightmare rescue on the high seas on her 37th birthday.

Michelle Porter had to be evacuated from the Derry-Londonderry-Doire yacht in the Indian Ocean, following hurricane-force winds.

The 36-year-old personal assistant, who had trained for two years for the mammoth sail as part of the Clipper Round the World yacht race crew, was injured along with the boat's medic Susie Redhouse. Both were taken to hospital in South Africa by the National Sea Rescue Unit.

At first there were fears Michelle had broken her arm and her dream of returning to St Katharine Docks next July as part of a winning crew looked over.

Fortunately it was later revealed as just severe bruising so as East End Life went to press Michelle was hoping to re-join her crew in Albany, Australia once she gets clearance from the doctors.

She said: "I feel a bit numb, a bit sick, and also pretty devastated that I've had to leave the yacht. I never thought I'd have



Michelle Porter after being rescued in the Indian Ocean

to step off that boat. I sailed with it from London and I'm pretty gutted that I'm not doing this leg so I hope there'll be a speedy recovery and I can go and join the guys in Albany.

"We were hit by a very big wave. We've been hit by quite a lot of waves over the last few days but this one was pretty monumental. I was tagged onto the high side by my safety line and

just didn't see the wave coming." The race began at St Katharine Docks in September and is due to take 11 months with all the crews arriving back in Wapping in July.

Open to all motorcycle and scooter riders in Tower Hamlets

FREE

MOTORCYCLE EDUCATION AND TRAINING EVENT

20th November 2013

4:30pm to 7:00pm

Anchor Retail Park,
123 Mile End Rd, London E1 4UJ
(Halfords Car Park)



IMPROVE YOUR RIDING SKILLS

IMPROVE HAZARD AWARENESS

ENJOY RIDING

BECOME A SAFER RIDER

Come and get useful information on how to become a safer rider by improving your hazard awareness skills, improving your riding skills and motorbike maintenance skills.

Speak to professionals from the Metropolitan Police, Driving Standards Agency, Tower Hamlets Road Safety, Institute of Advanced Motorists, London Fire Brigade, local motorcycle repair experts and many others to find out what you can do to make yourself safer on your motorcycle.

Sign up for a Free BikeSafe Training

courtesy of Tower Hamlets Council

Tower Hamlets Council Supporting National Road Safety Week
18-24 November 2013

Tower Hamlets Road Safety, Mulberry Place, 5 Clove Crescent, London E14 2BG
Tel 020 7364 2221



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- › Engraving



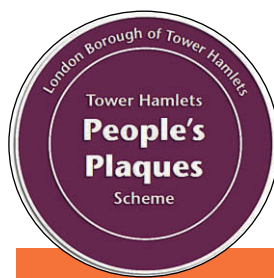
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Bow, E3 5LX
0208 981 6991**

**Open:
Mon-Fri 8.30 – 17.30
and Sat 9.30 – 17.00**

New for Tower Hamlets

The People's Plaque scheme, run by the council, is different to the national Blue Plaque scheme which has closed.



Shaping the borough's cultural history

The public can vote from a shortlist of 17 nominations, and the seven which receive the most votes will have a plaque installed at a suitable site, subject to permission.

SEE BELOW

News

The wait is finally over and East End Life can reveal the shortlisted nominations for the Help choose Tower Hamlets' own

THE borough boasts a rich and diverse history and the People's Plaque scheme gave residents the chance to nominate a place, event or person with a specific historic association with the borough.

A shortlist of 17 nominations has been drawn up, from which the public can vote for their favourite to be commemorated by a plaque for posterity.

The seven nominations which receive the most votes will have a plaque installed at a suitable site, subject to permission, to recognise the significant impact they have made to shaping the cultural history of the borough.

Mayor Lutfur Rahman said: "Tower Hamlets has a wonderfully rich history, and the level of diversity and change mean there is an even greater need here than possibly anywhere else in the country to recognise our common history through the contributions made by different people, places and events.

"The People's Plaques scheme gives residents the chance to celebrate our fascinating past and I urge you all to use this opportunity to use your vote."

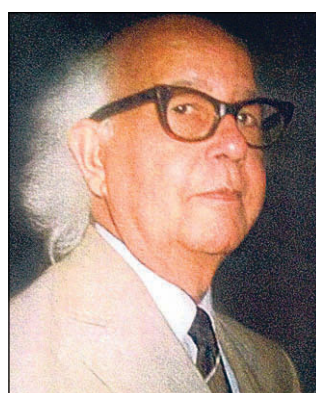
Cabinet member for culture, Cllr Rania Khan, said: "The borough is an amazing place to live and seven plaques will provide an interesting insight for residents and visitors alike to learn more about our history and achievements.

"The shortlist shows the huge diversity of historic places, amazing people and significant events which have all shaped our borough."

Voting opens on Monday, November 18 and residents can vote online by visiting www.towerhamlets.gov.uk/peoplesplaques or by filling in the form below.

Only residents of Tower Hamlets may vote and they may only vote once.

Tassaduq Ahmed



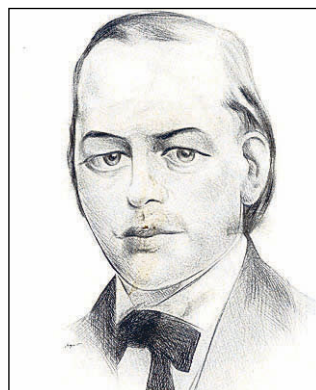
Journalist Tassaduq Ahmed (1923-2001) was born in Sylhet, Bangladesh. He came to England in 1953 to avoid possible imprisonment for writing articles that undermined the Pakistani government.

He worked as a volunteer with the Pakistan Welfare Association, a Tower Hamlets based Bengali organisation, and published an English newspaper called the Eastern News, in collaboration with Hamza Alvi.

During the 1970s and 1980s he helped to publish several influential periodicals in both Bengali and English, living the latter part of his life at 16b Parfett Street, Spitalfields.

He was awarded an MBE for his social work in 1989 and received the Freedom of Tower Hamlets in 2000.

Charles Bradlaugh



Social reformer Charles Bradlaugh (1833-1891) spent his early life in Bethnal Green. He was a famous atheist or freethinker who challenged the grip that

religion had on Victorian society. He was elected to Parliament to represent Northampton in 1880 but was prevented from taking his seat until 1886 as he refused to take the Parliamentary oath.

He was a co-founder of the British Humanist Society.

Charlie Brown's pub



Charlie Brown's, or the Railway Tavern to give it its official name, at 116 West India Dock Road, was a landmark East End pub.

Its exotic location in Chinatown, the character of the landlord and his large collection of curiosities from around the world made it a tourist attraction. An estimated 16,000 people turned out for the funeral of the "uncrowned King of Limehouse" on his death in 1932. The pub was demolished in 1989.

The bombing of a public shelter on Bullivant's Wharf, Isle of Dogs

On the night of March 19, 1941 a public shelter on Bullivant's Wharf, off Westferry Road, was hit by a landmine. More than 40 people were killed and dozens were injured. Some families lost all but one member.

This was the Isle of Dogs' biggest wartime disaster – bigger even than the incident which killed so many members of the auxiliary services at Cubitt Town School, in September 1940.

Will Crooks



Labour leader Will Crooks (1852-1921) was born into poverty in Poplar and spent all his life there. He was one of the leaders of the Great Dock Strike of 1889 and became the first Labour mayor in London in 1901.

Representing Poplar on the London County Council, he campaigned for the construction of the Blackwall Tunnel. He sensationally overturned a Conservative majority to become MP for Woolwich in 1903.

Nicholas Culpepper



Nicholas Culpepper (1616-1654), herbalist and writer, lived in Red Lion Street, Spitalfields. He wrote books in English rather than Latin, explaining how readers could cure their illnesses by using herbs.

He was always ready to give advice to poor people, much to the opposition of physicians. His influence is demonstrated by the existence of a chain of Culpepper herb and spice shops and by the continued popularity of his remedies among holistic medicine practitioners.

Tommy Flowers



Born the son of a bricklayer in Poplar, he took evening classes at the University of London to earn a degree in electrical engineering. During World War II, Flowers (1905-1998) designed Colossus, the world's first programmable electronic computer, to help solve encrypted German messages. This was a hugely important factor in the war effort, saving countless lives.

His remarkable work in computing was not fully acknowledged until the 1970s.

Clara Grant



Clara Grant (1867-1949) was born in Wiltshire but came to Wapping to work as a teacher. In 1907 she founded the Fern Street Settlement in Bromley-by-Bow as a centre for community work among the poor.

She initiated the popular "farthing bundle" ceremony on Saturday mornings when children who were small enough to pass through an arch received a parcel of toys for a farthing (approximately quarter of a pence in today's money).

ST BARNABAS CHURCH



Table Top Sale

Tea and Homemade Cakes

**Saturday 30th November
10.30am - 2.30pm**

For more information and to book a table please contact tracymiller100@yahoo.co.uk



Discover more about our local history

Visit Tower Hamlets Local History Library & Archives to find out more about the history of local people, events and places. Explore old photographs, maps, books and archives.

FOR OPENING HOURS VISIT WWW.IDEASTORE.CO.UK/LOCAL-HISTORY

One vote per person

Fill in the form below or vote online at www.towerhamlets.gov.uk/peoplesplaques – voting closes December 8.

SEE FORM BELOW

News

borough's People's Plaque scheme. Now all you have to do is vote for your favourite.

magnificent seven

Marge Hewson

For 40 years Marge Hewson worked as a nursery nurse at Christ Church School in Brick Lane, Spitalfields, the area in which she grew up and lived.

A popular character, she is remembered by many for her commitment and dedication to her work. Marge touched so many people's lives and inspired all the children to always perform at their best and aim high.

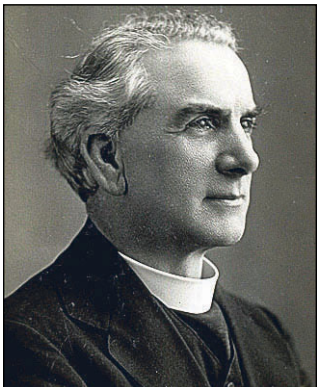
Sir Alfred Hitchcock

Sir Alfred Hitchcock (1899-1980) directed more than 50 feature films in a career spanning six decades and is widely regarded as the greatest British film maker.

As a schoolboy, Hitchcock lived in Salmon Lane, Limehouse, where his father ran a greengrocer's shop. It is said that Hitchcock's first significant experience of the movies was at the Ben Hur Cinema in Stepney.

He also attended the London County Council School of Engineering and Navigation in Poplar High Street (now part of Tower Hamlets College).

Rev William Henry Lax



During the first half of the 20th century, the Rev William Henry Lax (1868-1937) worked tirelessly for the Methodist Church and the community of Poplar.

He was a minister, politician, orator, author and actor,

winning not only local but national and international acclaim.

His work for the deprived people of Poplar touched thousands of lives and Poplar Methodist Mission was simply known as "Lax's church".

The Limehouse Declaration



The Limehouse Declaration was a statement issued on January 25, 1981 by four senior British Labour politicians – Roy Jenkins, David Owen, Bill Rodgers and Shirley Williams. It became known as the Limehouse Declaration as it was made from Mr Owen's home in Narrow Street.

In this document the so-called Gang of Four signalled their intent to leave the Labour party and form a Council for Social Democracy. This led to the formation of the SDP which later merged with the Liberal Party to form the Liberal Democrats.

Ayub Ali Master

Ayub Ali Master ran a seamen's café in Commercial Road in the 1920s and opened the Shah Jalal Coffee House at 76 Commercial Street.

He turned his home into a centre of support for Bengali people settling in the East End. It acted as a lodging house, job centre (offering letter writing and form-filling services), an education service, travel agency and advice bureau.

In 1943 he started the Indian

Seamen's Welfare League. Between 1945 and 1959 he lived at 13 Sandy's Row, Spitalfields.

Sowabullah Munshi

Sowabullah Munshi was born in Sylhet, Bangladesh but was one of the founding fathers of the Bengali community in the East End.

He came to this country in the 1920s as a Lascar seaman who jumped ship and found shelter in the midst of east London, marrying a white British woman. They settled down at 16 Elder Street in Spitalfields and started a lodging house in Code Street, off Brick Lane.

Many who found shelter at Mr Munshi's house went on to become respected Bangladeshi community leaders in the UK.

Premierland, Backchurch Lane, Whitechapel



Between 1911 and 1930, the boxing venue Premierland witnessed fights by some of the country's greatest fighters, including Teddy Baldock (pictured above), Kid Lewis, Kid Berg, Kid Pattenden, Harry Mason, Nipper Pat Daly, and Dick and Harry Corbett.

At the height of the boxing boom of the 1920s there were three or four shows a week held here. The building had been built as the 'People's Arcade' and subsequently was used as a garage.

The Rev Doctor Julius Rieger



Dr Julius Rieger (1901-1984) was the minister of St George's German Lutheran Church in Whitechapel from 1931 to 1953. During that time he helped

many people, mainly Jews, escape from Nazi Germany.

He was also a friend of Dietrich Bonhoeffer and kept both the UK German and the English churches informed of what was happening in the Confessing Church (anti-Nazi church) in Hitler's Germany.

Walter Tull

Brought up in an orphanage in Bethnal Green, Walter Tull (1888-1918) was the grandson of a slave, and the first person of African-Caribbean heritage to be commissioned as an infantry officer in the British Army.

He was also only the second

person of African-Caribbean heritage to play in the top division of the Football League, playing inside forward for Tottenham Hotspur and Northampton Town.

He died in action during World War I.



Tower Hamlets People's Plaques Scheme

Vote to commemorate your favourite historical person, place or event with a people's plaque.

For more information visit www.towerhamlets.gov.uk/peoplesplaques

Name

Contact number

Email

Postcode

☐ Alfred Hitchcock

☐ Ayub Ali Master

☐ Bombing of public shelter on Bullivant's Wharf

☐ Charles Bradlaugh

☐ Charlie Brown's

☐ Clara Grant

☐ Limehouse declaration

☐ Marge Hewson

☐ Nicholas Culpeper

☐ Premierland

☐ Sowabullah Munshi

☐ Tasadduq Ahmed

☐ Tommy Flowers

☐ Will Crooks

☐ Julius Rieger

☐ Walter Tull

☐ William Lax

One vote per person. You can vote online or by filling in this form and returning it to:
The People's Plaque Scheme
Tower Hamlets Council
Communications, 6th Floor
Mulberry Place, London E14 2BG

Voting closes **Sunday December 8, 2013**. Any votes received after this date will not be accepted.

The right job

In Tower Hamlets, more than half of jobs are in small or medium sized enterprises (SMEs).

SEE BELOW



Small Business Saturday celebrations

The UK is celebrating its first Small Business Saturday on December 7, and is a great chance for small businesses to promote themselves and generate trade.

Business

TOWER Hamlets Homes (THH) hosted a local business day at the Harford Centre in Stepney Green where more than 40 companies had the opportunity to learn more about the Decent Homes programme. They had the chance to meet with THH's main contractors and network with other businesses – giving them an opportunity to get involved in the largest investment in the borough's housing in many years. THH has committed to investing up to 50 per cent of its total spend in local businesses and will be hosting several similar events in the future, along with a programme of free development training. The £181 million, five-year programme is designed to bring all tenanted homes up to the government's Decent Homes standard. For more information visit www.towerhamletshomes.org.uk.



Cash to boost town centres

THE council is investing an extra £355,000 in its town centres, to make sure they are attractive, vibrant and safe places to visit.

And it is working with consultancy firm Ccreate to explore how it can ensure their continued success.

Audits are being focussed on three town centres – Roman Road, Brick Lane and Burdett Road – to see where changes and improvements can be made.

The aim is to ensure the town centres meet the needs of the communities who rely on them, and to support businesses in the areas by encouraging more people to shop or use other services there.

Ccreate will be carrying out workshops and surveys with residents and business owners to scope out what each centre currently provides and what additional services are needed.

Mayor Lutfur Rahman said: "We are committed to ensuring local town centres provide residents with shops and services which meet their needs. The town centre audit will help us identify where there may be gaps so we can work with businesses to improve our local areas."

Cllr Alibor Choudhury, cabinet member for resources, added: "Town centres are vital to any local area and we have a number of key areas we want to improve and make even better. Very soon the independent consultants will be gathering residents views to ensure we work together to improve their local area."

Supporting small businesses

2014-16: Small Grants for Mental Health User-Led Groups



Grant Application for 2014/16

Applications are requested for Mental Health User-Led Group funding.

To be eligible for a grant, your group must:

- Support people with identified mental health needs
- For Tower Hamlets residents above the age of 18 years,
- Be User-Led:
 - Existing funded groups:- to demonstrate performance (track record) of being a user-led group.
 - New groups:- to demonstrate experience or aspiration for being a user-led group
- Demonstrate a record of quality performance
 - Existing funded groups:- evidence of providing a quality service in this year's activity programme.
 - New groups:- evidence of a viable plan that will support a quality service if successful
- Activities take place Out of Hours (desirable).
- Priorities will be given to user-led groups that target users who are currently under represented in the overall funding scheme

The maximum grant award to any user-led group is £5,000 per annum.

Please note due to a finite budget for the small grants, the level of grant awards to successful groups will depend on the number of total applications.

Deadline for returning all small grants application is Wednesday 11th December 2013.

FOR AN APPLICATION PACK PLEASE CONTACT:
Shirin Mustafa (Development Worker – Community Options)
 Telephone: 020 7377 9353
 e-mail: Shirin.Mustafa@community-options.org.uk
 Or
Glen Crosier (Commissioning Manager)
 Telephone: 020 3688 2571
 e-mail: glen.crosier@towerhamletscgc.nhs.uk

Social enterprise success stories

BY MEHREEN HUSSAIN

AS part of the council's support of Small Business Saturday on December 7, we are profiling some of the borough's small business success stories.

This week, we look at social enterprises Blue Sky Knowledge and Real.

Social enterprises provide an important service in the borough as they are set up especially to tackle social problems and improve communities or the environment.

Blue Sky Knowledge was set up in 2009 to improve the professional talent of young people in the borough and make them more accessible to employers.

The business delivers a number of programmes for universities, colleges and schools that engage learners with workplace situations and puts them in touch with real employers.

The students benefit by having a clearer idea about the world of work and enterprise, and schools are able to foster beneficial relationships that often result in work and apprenticeship opportunities for their students.

The business also collaborates with various organisations to support the delivery of their corporate social responsibility programmes through events and workshops.

Manager Awad Bhenick said: "Setting up an organisation that makes a difference is an extremely hard thing to do. However, the only way to succeed is to persevere with relentless hard work until success is inevitable."

Run by disabled people for disabled people, Real has been running for around 20 years, challenging inequality and discrimination, and supporting anyone who is or has been disabled or who has a long-term health condition.

The organisation was also recently appointed as the network lead for the council's new information, advice and advocacy service.

They have been appointed to work with eight other providers to offer effective support to appropriate residents.

The two businesses provide vital services in the borough which are needed by all areas of the community, and are just two examples of how small businesses can make an impact.

Debt advice

A COMMUNITY business with offices in Limehouse has struck a deal which enables it to tap from a funding pool of £2 million to provide lending and debt advice to entrepreneurs and small businesses.

The financing deal between Fair Finance, UniCredit and EIF will also provide opportunities for businesses to secure loans as working capital or to expand their stock.

Visit www.fairfinance.org.uk



New youth centre opens in Turin St

The new youth centre in Turin Street will provide a range of initiatives and recreational activities, as well as providing employment and training advice to young people.

SEE BELOW

Plenty for teens to do

There are more than 40 centres in the borough providing services and opportunities for teenagers.

FIND ONE NEAR YOU AT WWW.AMP.UK.NET

News

YOUNG people in Bethnal Green now have their own dedicated centre following the transformation of a building in Turin Street. The Front Line underwent a £100,000 makeover to include new state-of-the-art facilities.

As well as providing a range of activities and initiatives, including arts, music and the Duke of Edinburgh award, teenagers will have access to a variety of recreational activities such as games consoles and a pool table. The building will also provide employment and training advice to young people. There are now more than 40 centres in the borough, providing services and opportunities for teenagers throughout the year.

Mayor Lutfur Rahman, who opened the new centre on November 2, said: "Youth centres play a vital role in creating a safe environment for young people to socialise, learn and engage with positive activities." Cabinet member for children services, Cllr Oliur Rahman, added: "This new provision adds to the growing number of sites in the borough delivering excellent services to young people."

Kamal Haque, 16, who went along to the opening, said: "This youth centre is very close to where I live so it's convenient as it gives us all something to do." For more information or to find out about provisions near you contact 7364 3215 or visit www.amp.uk.net



Mayor Lutfur Rahman has a game of pool with Chaka Barnett (left) and Karyn Taplin

Sticking within a festive budget

BY SUSAN MULLIGAN

With tempting seasonal offers and ever more pressures to buy during the Christmas countdown, it can be a challenge to ensure that you don't start the New Year with bills and debts that you can't afford.

The council works with a number of agencies to ensure that residents can access a wide range of local support, money management advice and access to affordable credit. Local organisations have pulled together a sackful of budget-savvy tips.

Dolly Galvis, from Toynbee Hall in Whitechapel, said: "We are seeing more and more people struggling to pay back loans to payday loan companies.

"If you want to consider getting a loan, think about a small Christmas loan from the Credit Union. £500 repayable over 52 weeks works out at £10.69 per week, and the total repaid would be £563.53 – much less than payday loans typically charge."

Anne Tapsfield from Tower Hamlets Citizens Advice Bureau in Whitechapel said: "We are urging people whose finances are tight to try and limit their spending over the festive period. Remember that you will still have

your usual bills to pay in the New Year when the festive celebrations have ended. Work out your budget and stick to it."

Prepare a budget

Work out how much you want to spend on presents and include decorations, food and anything else you might need, and stick to your budget.

Payday loans can mean paying more

Although payday loans and short-term loans might seem an easy source of extra cash, make sure you know how much you need to repay and when it needs paying to avoid spiralling interest rates, which can exacerbate debt. Failing to meet the terms of repayments can also impact on your credit rating.

Don't get caught out with payments

Interest-free credit cards can seem attractive, but you could end up paying more than you expected if you don't pay on time or you miss a payment.

Make sure that you are prepared for repayments by working out the total amount payable. Ensure that the month-

ly instalments are within your budget before signing up.

Don't forget the everyday bills

Rent, the mortgage, utility bills, food bills and other existing debts still have to be paid. Even though it's the festive season, make them a priority.

Shop around

Shopping online instead of in stores can save you pounds. Make the most of comparison sites to grab the perfect present at the best price. In stores, try supermarket own-brand options and make sure that store promotions actually are the best value for money.

Give unique presents

Use your skills to make seasonal gifts and decorations – it's the thought that counts.

Prepare for next year

Consider starting a fund straight after Christmas for next year. Put money regularly into a savings account and stick to it. The Credit Union has a Christmas saving account with the option to save as much as you can afford.

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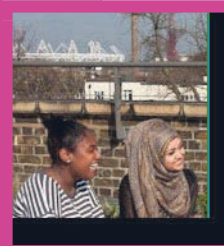
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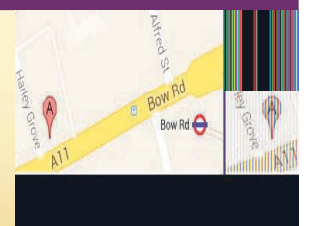
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SIR JOHN CASS



Still tirelessly campaigning at 108

Hetty vowed to campaign until she no longer could. That moment came two weeks ago when she suffered a stroke as she prepared to visit a local school to talk about the days before the Welfare State.

SEE BELOW

Got a story to tell?

If you have a tale about East End history, write to John Rennie or email him at johnrennie@gmail.com

WWW.EASTLONDONHISTORY.COM

History

Celebrating a remarkable East Ender who battled for social justice and peace throughout her long life

Hetty, a life well lived

BY JOHN RENNIE

WHEN Hetty Bower died last Tuesday, November 12 at the impressive age of 108, it brought to an end a life of extraordinary service to the cause of social justice and peace.

For 99 years, this remarkable East Ender had campaigned against the poverty that stifled so many working class lives before they began, and the wars that snuffed out millions of others before their time.

Hetty was born into the Rimel family, in 1905 in Dalston. In that year, Einstein was developing his theory of relativity, the Wright brothers were getting the hang of manned flight, and the first Russian revolution would come to a brutal end.

JM Barrie, Arnold Bennett, GK Chesterton and HG Wells were on the bookshelves of fashionable Londoners, who were basking in an Edwardian summer of peace and plenty with the British Empire at its height. And a Scotsman called Keir Hardie was leading a Labour party which had yet to taste power.

Over in the East End, of course, terrible poverty still prevailed. Infant mortality was high and many children lacked the basics of good nutrition or even a sound pair of shoes. When all else failed, the workhouse beckoned.

Her family were Jewish humanists, politicised and not relying on any divine intervention to make things better. Older sister Pearl used to go secretly to suffragette meetings at Toynbee Hall and then tell her little sister about them, and both they and sister Anita would eventually join the Communist party. And she was just nine when the true horror of war came home to her.

It was 1914, when she waved goodbye to the first men leaving to fight in World War I. Weeks later, she watched the men returning (or some of them) as amputees. She resolved to work for peace and over nearly a century would remind political leaders of their responsibilities and failings.

During the General Strike of 1926, she and her sisters would sneak out of their East End home to take food to hungry miners, locked out from the pits. It was a life dedicated to change, but above all to practical action and directing help where it was needed.

She joined the Labour party in 1923 and

(Right) Hetty, aged 106, at celebrations to mark the 75th anniversary of the Battle of Cable Street in 2011

PHOTO BY DAVID HOFFMAN

(Below) Hetty with pupils at Langdon Park School last year

“There were women walking down the street on which I was born, begging. I don’t want these times ever, ever to come back.”

Hetty Bower



it would become the core of her life. At an International Labour party summer camp in 1927, she stayed in Bradford with the Betts family, befriending the daughter Barbara – who would, as Barbara Castle, become the longest-serving woman MP, and a minister in the Labour governments of Harold Wilson.

It was through the party too that Hetty met Reg Bower, giving him her Labour party card in 1926. Characteristically shrugging off the concerns of her family, she married out of the Orthodox Jewish faith and would enjoy 70 happy years with Reg.

Hetty joined the Communist party in the early 1930s. There was, and remained, no contradiction in her mind between loving her country and working to change the political system. She was at the Battle of

Cable Street in 1936 when the Blackshirts, supported by some of Fleet Street’s finest, were trying to bring fascism to Britain. And in the years leading up to World War II, she worked for the progressive documentary film company, Kino, with its links to the USSR.

During the war, she balanced bringing up two young daughters with running a hostel for Czech refugees in London. Her real dream was to become a teacher – a job that fitted neatly with her children’s own school hours – but Hetty was rejected because of hearing difficulties.

Hetty was sceptical, thinking it was more to do with the progressive education she was using with her own girls, with a strong emphasis on music. Instead, she settled for being a school secretary, and an enthusiastic proponent on music in schools.

Her activity was tireless, her involvement total. She was a founding member of the new Campaign for Nuclear Disarmament in 1957, and more than 50 years later she would be part of the Stop The War coalition. Interviewed for the BBC, the now deaf and nearly blind Hetty was scathing about ex-prime minister Tony Blair (who in a Freudian slip she dubbed ‘the late prime minister’), asking “how he can settle his conscience with telling lies and going to war”.

The only things she said she didn’t like about protesting, she told one interviewer earlier this year, was the noise and the fact that others march too slowly. “I will peacefully protest in any way, but I don’t like shouting. There are occasions when silence is golden and achieves far more.”

While many would think the battle hopeless, she was a fervent believer in the power of one person. “Every individual can

make a difference,” she argued. “We may not win by protesting. But if we don’t protest we will lose. If we stand up to them there’s always a chance that we will win.”

Just a month ago, she was on the platform at the Labour conference, reminding Ed Miliband, the latest successor to Keir Hardie, of his responsibility to rebalance the scales of social justice. Launching a defence of the welfare state, she said: “There were scenes I don’t like to recall – women walking down the street on which I was born, begging. I don’t want these times ever, ever to come back.”

And Hetty vowed not to stop campaigning until she no longer could. That moment came two weeks ago when she suffered a stroke as she prepared to visit a local primary school to tell the kids about the bad old days before the Welfare State. Less than six hours before her death her voice reverberated through ward 6 of the Royal Free Hospital as she sang the refrain of an old Campaign for Nuclear Disarmament song – Ban the bomb, for ever more.

In a year’s time we mark a century since the ‘Great’ War began, and of course Hetty died just two days after Remembrance Sunday. Asked what the day meant to her, she was elegantly blunt: “The futility of war. The waste. The money spent on arms research.”

Hetty Bower, 1905-2013, leaves behind two campaigning daughters, Celia and Margie, ‘adopted son’ Bernard, grandsons, Iain and Richard, two daughters-in-law, Dorothy and Liz, and two young great-grandsons, Sidney and George. And she leaves many more admirers. Miliband and others lit up the twittersphere with tributes to the redoubtable Hetty last week.



A range of services

The council provides many services for residents and businesses. Go to the A-Z on the website at

WWW.TOWERHAMLETS.GOV.UK

Council information

Tower Hamlets forward planner

TOWER Hamlets Council produces a forward plan every month detailing the key decisions it will take, together with the details of

the author, and consultation undertaken. It can be found in Idea Stores, libraries, One Stop Shops and council offices or at www.towerhamlets.gov.uk/data/your-council/data/forward-plan/forward-plan.cfm

Meetings

Tuesday, November 19

6.30pm: Health scrutiny panel

The agenda includes reports on Barts Health outpatients, public health life course for middle age, and MIND in Tower Hamlets.

For more details call 7364 0842 or email alan.ingram@towerhamlets.gov.uk

Wednesday, November 20

7pm: Inner NE London joint health overview & scrutiny committee

Includes reports on Barts Health financial turnaround and improving specialist cancer and cardiovascular services.

Hackney Council Town Hall, Mare Street, E8.

More details on 8356 3309 or email jarlath.oconnell@hackney.gov.uk

Thursday, November 21

7pm: Strategic development committee

More information on 7364 4877 or email zoe.folley@towerhamlets.gov.uk

Tuesday, November 26

6.30pm: Licensing sub-committee

For information call 7364 4120 or email simmi.yesmin@towerhamlets.gov.uk

Wednesday, November 27

7.30pm: Council

For more details call 7364 4204 or email johns.williams@towerhamlets.gov.uk

Details accurate at time of going to press. Agendas online a week before meetings, which are at the Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG, except Cabinet.

Millwall surgery update

MILLWALL councillor Maium Miah will be holding surgeries every Tuesday at 4.30-6.30pm from this week at Docklands Community Organisation, 111-113 Mellish Street, E14.

Monday surgeries continue at Westferry CO, 2 Quarterdeck, E14 each week from 4-6pm.

Tower Hamlets online

www.towerhamlets.gov.uk

For information on council services, including:

- report a missed rubbish collection
- make a doorstep recycling request
- report an abandoned vehicle
- bulk rubbish collections



Get information on welfare reform

The council's benefits service can provide information about housing benefit, council tax benefit and entitlement to free school meals. It has compiled a list of helpful agencies at...

WWW.TOWERHAMLETS.GOV.UK/WELFAREREFORM

Council tax benefit plan

THE council is still interested in hearing residents' views about its plans to implement a local council tax benefit replacement scheme for the 2014/15 financial year.

The government abolished the national council tax benefit scheme from April this year, which was replaced by local schemes developed and administered by councils.

However, government funding given to councils for local schemes is ten per cent less than the previous funding allocated to the national scheme – a difference of about £2.7 million in Tower Hamlets.

This means that the council is faced with either passing on the government cuts to residents who currently receive council tax benefit, by cutting their benefit, or absorbing this cost into the council's budget.

The burden of paying extra council tax would fall exclusively on working age residents on low incomes.

This year Tower Hamlets absorbed the cost from within the council's budget and now it wants to hear if residents think a similar arrangement should continue next year.

After 2014/15, the scheme will be reviewed on an annual

basis taking into account the needs of residents, the cost of provision and the funding available.

Cllr Alibor Choudhury, cabinet member for resources, said: "As the impact of welfare reform is increasingly felt in the borough, it is important to support residents wherever we can, and ensure that the most vulnerable in our communities have access to the resources they need to ensure their health and wellbeing."

You can fill out a simple consultation form at your local Idea Store or One Stop Shop or go to My.towerhamlets.gov.uk for an online form.

Drug treatment providers

Community Drug Team

Substitute prescribing, key working, health screening & referral to residential treatment. 71 Johnson Street, E1.

7790 1344

www.lifeline.org.uk

Nafas

Support with a focus on Bangladeshi community. The Davenant Centre, 179-181 Whitechapel Road, E1 7377 0676.

Harbour Recovery Centre

In-patient detox for 18+ males. Riverside House, 4th Floor, 20 Garford Street, E14. 7538 9421

Young People's Service

Treatment for under-19s Unit 26, Skyline Village, Limeharbour, E14. 3069 7878 www.lifeline.org.uk

Isis

For women aged over 18 c/o Hopetown Hostel, 60 Old Montague Street, E1. 7426 0399 www.compass-uk.org

Community Alcohol Team

Unit 22, Skylines Village Limeharbour, E14. 0800 008 7200 www.rapt.org.uk

Somali Substance Misuse

Help, advice & referral for people with khat, alcohol or drug issues. Contact Idriis Elmi. Mind in Tower Hamlets & Newham, Open House 13 Whitethorn Street, E3. 7510 1081

Planning

E1

259 Whitechapel Road – application for hanging sign.

8-10 Greatorex Street – retrospective application for windows replacement in courtyard.

37 Heneage Street – single-storey extension on second-floor terrace area to provide two additional bedrooms.

Car park, Cygnet Street – new building up to six storeys to provide basement gym, ground-floor commercial and 39 dwellings above.

Whitechapel Centre, 85 Myrdle Street – proposed smoking shelter/shisha café on rooftop.

100 Whitechapel Road & land in Fieldgate Street – request for screening opinion as to whether environmental impact assessment is required for: demolition of vehicle

workshop and erection of residential development comprising 240 dwelling units in 15-18 storey building and eight- to 12-storey building. Extension to prayer hall of East London Mosque and pedestrian link.

E2

Flat 3, Charles Darwin House, 51 Canrobert Street – proposed rear/side extension.

89 Dunbridge Street – application for prior approval for change of use from office on lower ground floor to 1-bed self-contained residential apartment.

13, 15 & 17 Chance Street – additional storey above second-floor level; staircases at the rear to be extended up and enclosed with glazed sloping roof.

50 Redchurch Street – proposal to create flexible use

through addition of retail to existing use as art gallery.

E14

10 South Colonnade – change of use of existing data centre to office.

Unit 3, Quayside House, 2 Westferry Road – change of use from shop to estate agent office.

Wood Wharf, Prestons Road – request for screening opinion as to whether environmental impact assessment is required re application for cofferdam structure in South Dock and any adjacent or associated engineering works or operations.

This is not a definitive list of all current planning applications. For more details go to www.towerhamlets.gov.uk and click on Planning & Building.

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MY.TOWERHAMLETS.GOV.UK



Did you get it?

Last week's photo was of a tree carving in Devon's Road, E3.

Council information

Hotline numbers

Housing benefits – 7364 5001
Council tax – 7364 5002
Parking services – 7364 5003
Streetline – 7364 5004
Adult social care – 7364 5005
Children's services – 7364 5006
Pest and noise nuisance – 7364 5007
Environmental health, trading standards & licensing – 7364 5008
Planning & development – 7364 5009
Business rates – 7364 5010
Recruitment line – 7364 5011
Electoral services – 7364 0872
Tower Hamlets Homes – 7364 5015
Healthline – 7364 5016

Report it!

To report an incident, use these 24-hour freephone numbers:
Non-emergency crimes – 101
Textphone – 18001 101
Hate crimes – 0800 138 0521

General enquiries

For other council enquiries call 7364 5020.

Useful housing numbers

Housing repairs – 0800 376 1637
Tenancy support – 7364 5544
Housing advice (E14) – 7364 7507
Housing advice (E1, E2 or E3) – 7364 3558
Homeless service – 7364 7474
Choice-based lettings – 7364 0244
Homeseekers – 0845 270 2400

Switchboard

If you know the name of the person or department you



Do you know where to find this unusual feature of the borough? Our popular oddities picture poser gives readers the chance to keep their eyes peeled to see if they can spot where our photographers took the pictures. If you have photos of your own you would like to see published in East End Life, email them to eastendlife.news@towerhamlets.gov.uk or send them to Photo Poser, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. They need to be high resolution, at least 1MB and 300 dpi.

need to contact, call the switchboard on 7364 5000.

Town Hall

Town Hall, Mulberry Place,
5 Clove Crescent, E14 2BG.
7364 5000

Other useful information

Safer Neighbourhood teams (SNTs)
SNTs operate in every ward in

Tower Hamlets, providing dedicated community policing that works to priorities set by the public through Local Area Partnerships (LAPs).

To find out more about SNTs, contact your local team:
Bethnal Green North 8721 2851
Bethnal Green South 8721 2849
Blackwall & Cubitt Town 8721 2877
Bow East 8721 2807
Bow West 8649 3521
Bromley by Bow 8721 2041
East India & Lansbury 8721 2806
Limehouse 8721 2852

Mile End & Globe Town 8721 2853
Mile End East 8721 2848
Millwall 8721 2850
Shadwell 8649 3524
Spitalfields & Banglatown 8721 2042
St Dunstan's & Stepney Green 8721 2808
St Katharine's & Wapping 8721 2854
Weavers 8721 2043
Whitechapel 8649 3520

If a crime is in progress, there is an emergency or if

anyone is in immediate danger please dial 999.

24-hour domestic violence national helpline
0808 2000 247

Trading standards
Consumer Direct: 08454 040506

Tower Hamlets Mediation Service offers confidential and impartial advice with neighbour conflict
Free service for council tenants and leaseholders. 7702 8305

Walk-in services

One Stop Shops

Bethnal Green – 1 Rushmead, off Bethnal Green Road, E2
Bow & North Poplar – John Onslow House, 1 Ewart Place, E3
South Poplar – 15 Market Square, Chrisp Street, E14
Stepney & Wapping – Idea Store Watney Market, 260 Commercial Road, E1.
Open Mon-Fri, 9am, doors close at 4.30pm. Sat, 9am, doors close 12.30pm at Rushmead and Idea Store Watney Market only.

Idea Stores

Bow – Gladstone Place, E3.
Canary Wharf – Churchill Place, Canary Wharf, E14.
Chrisp Street – Vesey Path, E14.
Whitechapel – 321 Whitechapel Road, E1. 7364 4332
Watney Market – Commercial E1. 7364 4332
All open: Mon to Thurs, 9am-9pm; Fri, 9am-6pm; Sat, 9am-5pm. Sundays – Bow and Chrisp Street open, 10am-4pm; Whitechapel, 11am-5pm; and Canary Wharf, 12-6pm.

Libraries

Bethnal Green – Cambridge Heath Road, E2. 8980 3902
Cubitt Town – Strattondale Street, E14. 7987 3152
All open: Mon, Tues, Weds & Fri, 10am-6pm; Thurs, 10am-8pm; Sat, 9am-5pm.
Local History Library and Archives – 277 Bancroft Road, E1. Open Tues, 10am-5pm; Weds, 9am-5pm; Thurs, 9am-8pm; Sat (1st & 3rd of the month), 9am-5pm.
7364 1290; email localhistory@towerhamlets.gov.uk

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টাওয়ার হ্যামলেটস্ কাউন্সিলের নিজস্ব উদ্ভাবনী 'সেফ সার্ভিস' টেলিফোন সিস্টেমে আনীত পরিবর্তনের ফলে কাউন্সিলের ব্যয় হ্রাস ও সঞ্চয় সক্ষমতা অনেকগুণ বৃদ্ধি পাবে। সতর্কতার সাথে ভবিষ্যত পরিকল্পনা প্রণয়ন এবং কাউন্সিলের প্রযুক্তিগত চাহিদার দিকে লক্ষ্য রাখার ফলে রাজস্ব সংক্রান্ত অনুসন্ধানের ক্ষেত্রে সেলফ সার্ভিস সফল হয়েছে। - নীচে বিস্তারিত পড়ুন

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Decide how £10,000 can be spent in your area – page 9

DADWEYNAHA waxa la farayaa, in ay ka soo qaybgalaan shirar lagu gorfaynayoo qaabka loo isticmaalayo £10,000 oo loogu talagalay horumarinta bulshada.

Kawnsulku wuxuu awooda talada siinayaa dadweynaha. Wuxuu doonayaa in ay iyagu go'aan ka gaadhaan, sidaa ugu haboon ee lacagtan, loo isticmaali lahaa.

Talaabadii igu horeyse, ee barnaamijkan, ee la qaadaa, waxay ahayd in la hawlgeliyo xidhiidhiyayaasha Meeyarka, kuwaas oo ah dadka deegaan-

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Xidhiidhiyayaashu waxay bilaabi doonaan, kulmo hordhac ah oo mid walba kulan lagu qa-

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Kulanada fooramka, waxay ugu muhiimsan, ka ugu horeeya, oo ay bulshadu ka go'aan ka gaadheyso halka u daran, oo ay sedex mudnaanta leh ku soo xulayaan.

Fooramyadu waxay bedelayaan, guddiyadii barti-narshibka 8 degaan.

Faahfaahin dheeraad ah booqo www.towerhamlets.gov.uk/localforums

■ Taariikhda iyo goobta lagu qabanayo, ka ee Page 9.

Xurmaynta meyarka ururada samafalka

Mayor's Third Sector Excellence Awards – issue 985

URARADA samafalka waxaa lagu wargelinayaa in ay soo gudbiyaan magacaabista dabaaldega xurmaayntooda.

Abaalmarinta meeyarka ee ururada samafalku, waxaa loogu talagalay, in lagu aqoonsado waxtarkooda.

Dhammaan ururada samafalka ee ka shaqeeya amma sald-higooduba gobolku dhexdiisa,

waxaa lagu soo dhaweynaya in ay araajidooda, maamuuska iyo xuramaynta ah.

Waxaa soo codsan kara kuwa hela, deeqaha kawnsulka amma kuwa ESF ee sanduuqa maalgelinta ee Yurub.

Xurmayntan wax tixgelineysaa ururada guulo wax ku ool ah soo hooyey, bulshaduna mahadisay. Guddigu waxay mashriicii hor leh oo ay cadahay

waxqabadkiisa iyo qiimihiisa.

Clr Alibor Choudhury, xubinta kabinetka ee hantida, ayaa sheegay in ururad samafalku muhiin, mudan yihiin in loo aqoonsado.

Foomka magacaabista ee websaykan www.towerhamlets.gov.uk

Faahfaahina email u dir thirdsector@towerhamlets.gov.uk amma wac 7364 4639.

Xarunta cusub ee dhanlirada

New youth centre opens in Bethnal Green – page 13

SAR cusub oo ka kooban laba dabaq ayaa loo hi-beeyey, dhallin yarada. Waxaa si rasmi ah u furay meeyar Lutfur Rahman bishan Nofembar 2dii.

Jaaha hore ee jidka Turin, E2 ayaa dhallin rog lagu sameeyey oo ay ku baxday lacag dhan £100,000, taasi oo ay ku jirto qayb cusub oo adeega farshaxanka oo dhallinyarada loogu talagalay.

Inka badan 40 xarumood oo u adeegta sannadka oo dhan,

dhallinyarada ayaa jira

Xarumahaasi idaylkood waa meelo ammaan ah oo dhallinyartu u taagaan, in ay ka qayb qaataan fursado badan oo anfacaya, kuwaasoo waxna ka tara in uu yaraado denbiyada dhallinyaradu.

Meeyar Rahman, oo goob jog ahaa, furitaankii ayaa yidhi: "Xarumaha dhallinyaradu door weyn ayay ka cayaaraha, sidii dhallinyarada tubta toosan, loo qaadsiiin lahaa. Si mug leh ayaanu adeegyada dhallinyara-

da, welina waxaa iga go'an in aan fursado kale sii abuuro, oo dhallinyarta la sii hormariyo."

Xaruntani waxyaabo badan ayaa lagu qaban doonaa, kuwaas ay ka mid yihiin farshaxanka, miyuusig iyo waxyaabo kale oo dhallinyarta fursad siinaya. Sartan waxaa lagu bixn doonaa talo iyo tababaro dhinaca hawlgelinta ah.

Faahfaahin dheeraad ah wac adeega dhallinyarada 7364 3215 amma booqo www.amp.uk.net

পার্কিং ও এনভায়রনমেন্টাল সার্ভিসে চালু হচ্ছে 'সেলফ সার্ভিস টেলিফোন সিস্টেম'

Self service centre expands – issue 983

টাওয়ার হ্যামলেটস্ কাউন্সিলের নিজস্ব উদ্ভাবনী 'সেফ সার্ভিস' টেলিফোন সিস্টেমে আনীত পরিবর্তনের ফলে কাউন্সিলের ব্যয় হ্রাস ও সঞ্চয় সক্ষমতা অনেকগুণ বৃদ্ধি পাবে। উল্লেখ্য, কাউন্সিল ২০০৯ সালে সম্পূর্ণ নিজেদের জন্য অনন্য এই টেলিফোন সিস্টেমটি প্রবর্তন করেছিলো।

সতর্কতার সাথে ভবিষ্যত পরিকল্পনা প্রণয়ন এবং কাউন্সিলের প্রযুক্তিগত চাহিদার দিকে লক্ষ্য রাখার ফলে রেভিনিউ বা রাজস্ব সংক্রান্ত অনুসন্ধানের ক্ষেত্রে সেলফ সার্ভিস ব্যাপকভাবে সফল হয়েছে।

এর ফলে কাস্টমার সার্ভিস যেমন অনেক উন্নত হয়েছে এবং পাশাপাশি বিপুল পরিমাণ অর্থও সাশ্রয় হয়েছে। তাই এখন এই পদ্ধতিকে এনভায়রনমেন্টাল এবং পার্কিং সংক্রান্ত টেলিফোন এনকোয়ারি বা অনুসন্ধানের জন্য চালু করা হচ্ছে।

বাসিন্দাদের ফোন কলের উত্তর দেয়ার জন্যে সপ্তাহের সাত দিন পুরো ২৪ ঘন্টা এই সার্ভিস চালু রয়েছে। বর্তমানে মাসে ২০ হাজার কল এই সার্ভিস পেয়ে থাকে। এর মধ্যে সংশ্লিষ্ট অভিজ্ঞদের সাথে আলাপ না করেই অর্ধেক সমস্যার সমাধ-

ান করা হয়ে থাকে। কাউন্সিলের কল সেন্টারের মাধ্যমে বাসিন্দারা উভয়ে শুধুমাত্র একটি ফোন কলের মাধ্যমে সমস্যার সমাধান করতে পারেন। অভিজ্ঞ স্টাফরা সেলফ সার্ভিস পদ্ধতিতে বিভিন্ন জটিল ফোন কলের সমাধান দিয়ে থাকেন। বাসিন্দাদের ফোন কলের উত্তর স্বল্প সময়ের মধ্যে দেয়া হয়ে থাকে, তাই তাদেরকে লাইনে অনেকক্ষণ অপেক্ষা করতে হয় না।

গত নয় মাস পূর্বে পরীক্ষামূলকভাবে এই বর্ধিত ব্যবস্থা চালু করা হয়েছিল। সেবা গ্রহণকারীদের কাছ থেকে এই সার্ভিসের প্রয়োজনীয়তার কথা অবহিত হয়ে এই স্কীমটির কার্যক্রম আনুষ্ঠানিক ভাবে পূর্ণ উদ্বোধন করা হল। অতি সহজেই এই পদ্ধতি ব্যবহার করা যায়। এটার ক্রিপ্ট সংক্ষিপ্ত, মেনু অপশনও কম, গ্র্যাডুইজারের সাথে জটিল বিষয় নিয়েও আলাপ করা যায়।

সেলফ সার্ভিস স্কীম এর ব্যয় নির্বাহের পরও ১ লক্ষ পাউন্ড সাশ্রয় করা যাবে বলে জানানো হয়েছে।

কাস্টমারদের চাহিদা পূরন করা হচ্ছে কি না, সেদিকে নজর রাখা হবে। কাউন্সিলের অন্যান্য

সার্ভিসেও এ ধরনের স্কীম চালু করার চিন্তা ভাবনা করা হচ্ছে।

টাওয়ার হ্যামলেটসের মেয়র লুৎফুর রহমান বলেন, "বারার বাসিন্দাদের জন্যে চমৎকার সেবা প্রদান অব্যাহত রাখার ব্যাপারে আমরা প্রতিশ্রুতিবদ্ধ।

সরকারের ব্যয় সংকোচ নীতির কারণে সেবা প্রদানের ক্ষেত্রে লকেল অথরিটিগুলোর জন্যে প্রতিবন্ধকতার সৃষ্টি হয়েছে। প্রযুক্তি উদ্ভাবনের সাহায্যে আমরা এই প্রতিবন্ধকতা মোকাবেলা করার প্রচেষ্টা চালিয়ে যাচ্ছি।"

রিসোর্সের কেবিনেট মেম্বর কাউন্সিলর আলিবুর চৌধুরি বলেন, "যখন পাবলিক সেক্টরের বাজেট থেকে অর্থ কেটে নেয়া হচ্ছে, তখন কাউন্সিলকেও তার সেবা প্রদানের ক্ষেত্রে অর্থ ব্যয়ের সামগ্রিক দিক মূল্যায়ন করতে হবে।

বাসিন্দাদের আমরা যে সেবা প্রদান করি, কাস্টমার গ্র্যাকসেস টিম সেই সার্ভিসকে উন্নত করে বিরাট একটা কাজ করেছে। এর মাধ্যমে ভালভাবে অর্থ ব্যয় হচ্ছে এবং অর্থ সাশ্রয় করা হচ্ছে।"



নানা আয়োজনে পালিত হলো ইয়ুথ ওয়ার্ক সপ্তাহ

Youth Work Week 2013

নানা অনুষ্ঠান ও কর্মসূচির মধ্য দিয়ে অনুষ্ঠিত ইয়ুথ ওয়ার্ক সপ্তাহ বারার স্বচ্ছসেবী কমিউনিটি সংগঠনগুলো এবং ইয়ুথ ওয়ার্কারদের কঠোর পরিশ্রম ও অঙ্গিকার উদযাপন করা হয়েছে। ন্যাশনাল ইয়ুথ এজেন্সির নেতৃত্বে সারা দেশে পালিত হয় এই ইয়ুথ ওয়ার্ক উইক।

বারার তরুণদের সহায়তার লক্ষ্যে কাউন্সিল ৪ নভেম্বর থেকে ৮ নভেম্বর পর্যন্ত বিভিন্ন ধরনের অনুষ্ঠানের আয়োজন করে। বারার ১৩ থেকে ১৯ (বিশেষ শিক্ষাগত চাহিদা সম্পন্নদের ক্ষেত্রে ২৫) বছর বয়সীদের জন্য সকল ইয়ুথ প্রজেক্টগুলোর দ্বার উন্মুক্ত করে দেয়া

হয়েছিলো। তাদের জন্য ছিলো সিভি ওয়ার্কশপ, এপ্রেন্টিসশীপ এডভাইস, ডান্স, মিউজিক ইত্যাদি নানা আয়োজন। ছবিতে দেখা যাচ্ছে হ্যানবারি স্ট্রিটের ব্রাডি সেন্টারে আয়োজিত ওয়ার্কশপে তিন তরুণী কাপড় দিয়ে হস্তশিল্প তৈরীতে ব্যস্ত রয়েছেন।



দেশের জন্য আত্মোৎসর্গকারীদের স্মৃতির প্রতি শ্রদ্ধা নিবেদন

দু’টি বিশ্বযুদ্ধ এবং অন্যান্য সংঘাতে আত্মোৎসর্গকারী সামরিক ও বেসামরিক নারী ও পুরুষদের স্মৃতির প্রতি শ্রদ্ধা জানাতে গত ১০ ও ১১ নভেম্বর টাওয়ার হ্যামলেটসে আয়োজন করা হয় শ্রদ্ধা নিবেদন অনুষ্ঠানের। মার্চেন্ট এবং রয়াল নেভির যে সকল সদস্য নৌযুদ্ধে জীবন হারিয়েছিলেন, তাদের স্মৃতির প্রতি শ্রদ্ধা নিবেদন করা হয় টাওয়ার হিল এ। -বিস্তারিত নীচে

REMEMBRANCE DAY SERVICES HELD IN TOWER HAMLETS

Harmony



Mayor Lutfur Rahman, Deputy Lieutenant John Ludgate and council speaker Cllr Lesley Pavitt pay their respects

দেশের জন্য আত্মোৎসর্গকারীদের স্মৃতির প্রতি শ্রদ্ধা নিবেদন

Remembrance Day services held in Tower Hamlets – page 5

দু’টি বিশ্বযুদ্ধ এবং অন্যান্য সংঘাতে আত্মোৎসর্গকারী সামরিক ও বেসামরিক নারী ও পুরুষদের স্মৃতির প্রতি শ্রদ্ধা জানাতে গত ১০ ও ১১ নভেম্বর টাওয়ার হ্যামলেটসে আয়োজন করা হয় শ্রদ্ধা নিবেদন অনুষ্ঠানের।

মার্চেন্ট এবং রয়াল নেভির যে সকল সদস্য নৌযুদ্ধে জীবন হারিয়েছিলেন, তাদের স্মৃতির প্রতি শ্রদ্ধা নিবেদনের জন্য কোম্পানী অব মাস্টার মেরি-নার্স আয়োজন করেছিলো বিশেষ অনুষ্ঠানের।

টাওয়ার হিল এর সানকেন গার্ডেনে অবস্থিত স্মৃতি সৌধে আয়োজিত অনুষ্ঠান পরিচালনা করেন রেভ-ারেড রেগিনাল্ড সুইট এবং মার্গারেট সুইট।

টাওয়ার হ্যামলেটস কাউন্সিলের পক্ষ স্পিকার কাউন্সিলর লেজলি প্যাভিট, মেয়র লুৎফুর রহমান, কাউন্সিলর পিটার গোন্ড, কাউন্সিলর রাজিব আহমদ, কাউন্সিলর স্টেফাইন এটন এবং কাউন্সিলর কবির আহমদ স্মৃতি সৌধে পুষ্পার্ঘ্য অর্পন করেন এবং বারাবাসীর পক্ষ

থেকে শহীদদের প্রতি শ্রদ্ধা জানান।

এছাড়া ডেপুটি লেফটেনেন্ট কমান্ডার জন লাডগেট, পপলার ও লাইমহাউজের এমপি জিম ফিংজপ্যাট্রিক, লন্ডন এসেম্বলি মেম্বর জন বিগস প্রমুখ এতে যোগ দেন এবং পুষ্পার্ঘ্য অর্পন করেন। এদিকে ১০ নভেম্বর রোববার বেথনাল গ্রীণের সেন্ট জন চার্চ এবং আইল অব ডগস এর ক্রাইস্ট চার্চ বিশেষ স্মরণ অনুষ্ঠানের আয়োজন করে। টাউন হল মালবারি প্লেস এ কমান্ডার

লাডগেট, ম্যালকম টাগ ও এইচএমএস ক্রেইন এসোসিয়েশনের জো স্মিথ এর সাথে কাউন্সিলরবৃন্দ এবং কাউন্সিল অফিসাররা ১১ নভেম্বর সকাল ১১টায় ২ মিনিট নিরবতা পালন কর্মসূচিতে অংশ নেন। এরপর স্পীকার কাউন্সিলর লেজলি প্যাভিট, কাউন্সিলর পিটার গোন্ড, কাউন্সিল গোলাম রব্বানী টাউন হলের রিসেপশন এলাকায় স্থাপিত এইচএমএস ক্রেইন শীপ বেল এর সামনে পুষ্পার্ঘ্য অর্পন করেন।

মোটরসাইকেল চালকদের জন্য ফ্রি রাইডার স্কিল কোর্স ২০ নভেম্বর

Free motorbike and scooter rider skills course – page 3

জাতীয় সড়ক নিরাপত্তা সপ্তাহ উপলক্ষে টাওয়ার হ্যামলেটস কাউন্সিল বারার বাসিন্দাদের জন্য মোটরবাইক ও স্কুটার চালকদের জন্য এক দিনের জন্য ফ্রি রাইডার স্কিল কোর্সের আয়োজন করেছে। এই কোর্স আগামী ২০ নভেম্বর বুধবার বিকাল ৪.৩০টা থেকে ৭টা পর্যন্ত এ্যাংকর রিটেইল পার্ক (১২৩ মাইল এন্ড রোড, ই১ ৪ইউজে) এ অনুষ্ঠিত হবে।

রাস্তায় চলাচলের ক্ষেত্রে নিরাপত্তা সম্পর্কে জনসচেতনতা বাড়াতে ১৮ থেকে ২৪ নভেম্বর সারা দেশে পালন করা হয় জাতীয় সড়ক নিরাপত্তা সপ্তাহ।

বারার প্রতিটি রাস্তা সকলের জন্য অধিক-তর নিরাপদ করার লক্ষ্যে লন্ডন বাইক-সেইফ টিমের সাথে মিলে বারার বাসিন্দাদের জন্য কাউন্সিল এক দিনের জন্য এই রাইডার স্কিল কোর্সের আয়োজন করেছে। ট্রান্সপোর্ট ফর লন্ডন

এর আর্থিক সহায়তায় আয়োজিত এই কোর্সে কিভাবে আরো কৌশলী, নিরাপদ ও আত্মশীল বাইক চালক হওয়া যায়, তা শেখানো হবে।

কর্মশালায় দিন ক্লাসরুমে যেমন বাইক চালানোর নানা দিক ভুলে ধরে প্রশিক্ষকরা বক্তব্য রাখবেন, তেমনি রাস্তায় হাতে কলমে প্রশিক্ষণ দেয়া হবে। পেশাদার পুলিশ মোটরসাইকেলিস্টরা প্রশিক্ষণ প্রদান করবেন এবং অংশ গ্রহণকারীরা লিখিত ফিডব্যাক ও এটেনডেন্স সাটিফিকেট লাভ করবেন।

শুধুমাত্র এই বারায় বসবাসকারী কিংবা এখানে কাজ করে থাকেন, তারাই এই কোর্সে অংশ নিতে পারবেন। এছাড়া আপনার রাস্তায় চলাচল উপযোগী মোটরবাইক কিংবা স্কুটার এবং পূর্ণাঙ্গ ইউকে ড্রাইভিং লাইসেন্স (উভয় অংশ), এমওটি এবং ইন্সুরেন্স সাটিফিকেট, উপযুক্ত পোষাক এবং ব্রেকডাউন কভার থাকতে হবে।

এই কোর্সের জন্য ১০০টি বাইক-সেইফ ট্রেনিং ভাউচার রয়েছে, যা আগে আসলে আগে পাবনে ভিত্তিতে প্রদান করা হবে। কাউন্সিলের রোড সেফটি টীমের কাছ থেকে অথবা ২০ নভেম্বর বুধবার অনুষ্ঠিতব্য মোটরসাইকেল এডুকেশন এন্ড ট্রেনিং ইভেন্টে হাজির হয়ে এই ভাউচার সংগ্রহ করা যাবে। এ ব্যাপারে আরো তথ্য জানতে হলে ০২০ ৭৩৬৪ ২২২১ নাম্বারে ফোন করে টাওয়ার হ্যামলেটস রোড সেফটি টিমের সাথে যোগাযোগ করতে অনুরোধ করা হয়েছে।

৯ দিনে ৫ জন সাইকেলিস্ট নিহত

লন্ডনে গত কয়েক দিনে বেশ কয়েকজন সাইকেল চালক দুর্ঘটনার শিকার হয়ে মর্মান্তিকভাবে প্রাণ হারিয়েছেন।

৯ দিনের ব্যবধানে ৫ জন সাইকেলিস্টের

প্রাণহানিতে লন্ডনের রাস্তায় সাইকেল চালকদের নিরাপত্তা নিয়ে সকল মহল উদ্বেগ হয়ে পড়েছেন।

সর্ব শেষ মৃত্যুর ঘটনাটি ঘটে হোয়াইটচ্যাপল ও কমার্শিয়াল রোডের জাংশনে গত ১৩ নভেম্বর।

অন্ডগেইট স্টেশনের কাছে হোয়াইটচ্যাপল হাই স্ট্রিটে একটি ডাবল ডেকার বাসের সাথে ধাক্কায় একজন পুরুষ সাইকেল চালক গুরুতর আহত হন ও পরে হাসপাতালে মারা যান। একই দিন বো রাউনএবাউটে লরির নীচে চাপা পড়ে মারা যান এক মহিলা সাইকেল আরোহী।

এর আগের দিন ১২ নভেম্বর ক্রয়ডনে এবং ৫ নভেম্বর হলবার্ন ও পূর্ব লন্ডনের মাইল এন্ডে আরো তিন সাইকেলিস্ট দুর্ঘটনায় প্রাণ হারান।

চলতি বছর এখন পর্যন্ত লন্ডনে ১৩ জন সাইকেলিস্ট মারা গেছেন দুর্ঘটনার শিকার হয়ে। এর মধ্য ৮ জনই প্রাণ হারাণ লরি কিংবা বড় ধরনের গাড়ির নীচে চাপা পড়ে।

ঐকতান

Send your Bengali and Somali news to Harmony, East End Life, Town Hall, 5 Clove Crescent, Poplar E14 2BG.

7364 4944

News in brief

বিশ্ব ডায়াবেটিস দিবস পালিত

১৪ই নভেম্বর নানা কর্মসূচির মধ্য দিয়ে পালিত হয়েছে বিশ্ব ডায়াবেটিস দিবস। এবারের মূল প্রতিপাদ্য বিষয় ছিলো “এই রোগ সম্পর্কে শিক্ষা ও প্রতিরোধ”।

যুক্তরাজ্যে ৩ দশমিক ৮ মিলিয়ন লোক ডায়াবেটিস আক্রান্ত। আর টাওয়ার হ্যামলেটসে ২০১২ সালের গণনা অনুযায়ী এই হার হচ্ছে ১৩.৫৫২ জন (৭.১%)। যুক্তরাজ্যে ডায়াবেটিস রোগির সংখ্যা ক্রমেই বাড়ছে বলে জানা গেছে।

ডায়াবেটিস রোগ দুই প্রকারের, টাইপ ওয়ান এবং টাইপ-টু। বেশি ওজনের কারণে টাইপ-টু ডায়াবেটিস হয়ে থাকে। আর টাওয়ার হ্যামলেটসে এই প্রকার রোগির সংখ্যাই বেশি। মেয়র লুৎফুর রহমান এ ব্যাপারে মন্তব্য করতে গিয়ে বলেন, “টাওয়ার হ্যামলেটস কাউন্সিল এনএইচএসের সাথে যৌথভাবে ডায়াবেটিস নিয়ে কাজ করছে। উচ্চমানের চিকিৎসা পাওয়ার লক্ষ্যে বাসিন্দারা যাতে রোগ নির্ণয় করতে পারেন এবং তথ্য ও পরামর্শ লাভ করতে পারেন আমরা এটা নিশ্চিত করার জন্যে কাজ করছি।”

ডায়াবেটিস সম্পর্কে জনসচেতনতা সৃষ্টির জন্য বিশ্বব্যাপি নানা আয়োজনের মধ্য দিয়ে দিবসটি পালন করা হয়। মুখ শুকিয়ে যাওয়া, জল-তেতা পাওয়া, ঘন ঘন প্রস্রাবে যাওয়া, শরীরের ওজন কমে যাওয়া ইত্যাদি উপসর্গ দেখা দিলে ডায়াবেটিস হয়েছে কি না তা পরীক্ষা করতে হবে। টাইপ ওয়ান এবং টাইপ টু ডায়াবেটিস সচেতনভাবে নিয়ন্ত্রন না করলে অন্ধত্ব, কিডনি ফেইলার, হার্ট ফেইলার বা স্ট্রোক এবং পা তে ঘা জনিত কারণে তা কেটে ফেল-র মত বিপদজনক পরিস্থিতির উদ্ভব হতে পারে।

হেলথ এন্ড ওয়েলবিয়িং এর কেবিনেট মেম্বর, কাউন্সিলর আব্দুল আসাদ এ ব্যাপারে মন্তব্য করতে গিয়ে বলেন, “অন্যান্য এলাকার মত টাওয়ার হ্যামলেটসেও ডায়াবেটিস আক্রান্তদের সংখ্যা বেড়ে চলেছে। বর্তমানে যে হারে এই সংখ্যা বাড়ছে এই হারে এই সংখ্যা বাড়তে থাকলে ঝুঁকি এড়ানোর জন্যে চিকিৎসা ও পরামর্শ গ্রহন করতে হবে।”

এ ব্যাপারে আরো বিস্তারিত জানার জন্যে www.nhs.uk - এই ওয়েবসাইট ভিজিট করার জন্যে অনুরোধ করা হয়েছে।

সাক্ষরতা জনক ভাবে কাউন্সিল

বর্জ্য সংগ্রহ করছে

গত ছয় মাসে টাওয়ার হ্যামলেটস কাউন্সিল সপ্তাহে ২ মিলিয়ন বর্জ্য সংগ্রহ করেছে। এপ্রিল থেকে সেপ্টেম্বর এই ছয়মাসে ২ দশমিক ২৭ মিলিয়ন গৃহস্থালি বর্জ্য সংগ্রহ করা হয়েছে যার পরিমাণ ৯৯.৮৩ পার্সেন্ট।

পাবলিক রিমের হেড জেমি ব্রাক বলেছেন, লর্জসিটিক্যাল চ্যালেঞ্জ মোকাবেলা করে বছরে কাউন্সিলগুলো ইউকে থেকে যে বর্জ্য সংগ্রহ করে থাকে তা অগোচরেই থেকে যায়। টাওয়ার হ্যামলেটস কাউন্সিল এ বছরের শেষ দিকে রিসাইক্লিং এর জন্যে প্রায় ৪মিলিয়ন বর্জ্য সংগ্রহ করতে পারবে।

সংগ্রহকারীরা পরিত্যক্ত যানবাহন থেকে শুরু করে বিভিন্ন নির্মানের পরিত্যক্ত বর্জ্য ইত্যাদি সংগ্রহ করে থাকেন, যেগুলো পরিবেশ দূষণে বিরাট ভূমিকা রেখে থাকে।

এনভায়রনমেন্টের কেবিনেট মেম্বর শাহেদ আলি বলেছেন, প্রথমবারের মত ৯৯.৮৩ পার্সেন্ট বর্জ্য সংগ্রহ খুবই ভাল। আরো ভাল করার জন্যে কাজ অব্যাহত থাকবে। কাউন্সিল তাদের সহযোগি সংস্থার সাথে কাজের দিকে নজর রাখছে, যাতে করে যে কোন ইস্যু উত্থাপিত হওয়ার সাথে সাথে সমাধান করা যায়। বর্জ্য সংগ্রহ করার ব্যাপারে রিপোর্ট করতে হলে এই - www.towerhamlets.gov.uk/recycling ওয়েবসাইট দেখ-র জন্যে অনুরোধ করা হয়েছে।

স্থানীয় ক্ষুদ্র ব্যবসাগুলোকে

কাউন্সিলের সহযোগিতা প্রদান

ক্ষুদ্র ব্যবসা টাওয়ার হ্যামলেটসের অর্থনীতির প্রাণ এবং আগামি মাসে কাউন্সিল শ্বল বিজনেস সেটোরডে ন্যাশনাল ইনিশিয়েটিভ কর্মসূচিতে অংশ নিতে যাচ্ছে।

আগামি ৭ই ডিসেম্বর সারাদেশে বিভিন্ন ধরনের ক্ষুদ্র ব্যবসাকে উৎসবের মাধ্যমে পালন করা হবে। কমিউনিটির লোকজন যাতে ক্ষুদ্র ব্যবসা থেকে কেনাকাটা করেন এ জন্যে তাদের উৎসাহিত করা হবে।

বারার মধ্যে অর্ধেক কর্মসংস্থান হয়েছে শ্বল বিজনেসে বা ছোট ও মাঝারি ধরনের ব্যবসা প্রতিষ্ঠানে। কর্মসংস্থানের দিক দিয়ে চার ভাগের এক ভাগ ব্যবসা প্রতিষ্ঠান ৫০ জনের মত লোককে কাজ দিয়ে থাকে।

আগামি কয়েক সপ্তাহে বারার বিভিন্ন ব্যবসা প্রতিষ্ঠানের সাফল্যের উপর বিশেষ প্রতিবেদন ইস্ট এন্ড লাইফ এ প্রকাশের উদ্যোগ নেয়া হয়েছে। গত সপ্তাহে প্রকাশিত হয়েছে ‘চিচি’ নামের একটি ক্যাফের ওপর প্রতিবেদন। তারা রোমান রোডে ২০০৫ সালে ব্যবসা শুরু করে এবং বর্তমানে টাউন হলে তাদের ক্যাফে রয়েছে।

ক্ষুদ্র ব্যবসাগুলোকে সহযোগিতা করা কাউন্সিলের কার্যক্রমের অওতায় রয়েছে, এই কাজের মাধ্যমে স্থানীয় অর্থনীতিকে সহযোগিতা করার ফলে স্থানীয় লোকজন উপকৃত হচ্ছেন।

ক্ষুদ্র ব্যবসার জন্যে বড় কন্স্ট্রাক্ট এর জন্যে আবেদন করা একটা দুঃস্বাপা ব্যাপার হতে পারে। কন্স্ট্রাক্ট দেয়ার ব্যাপারে কাউন্সিল ভাগ করে দিতে পারে যাতে তারা অংশভিত্তিক কন্স্ট্রাক্ট পাওয়ার জন্যে আবেদন করতে পারে।

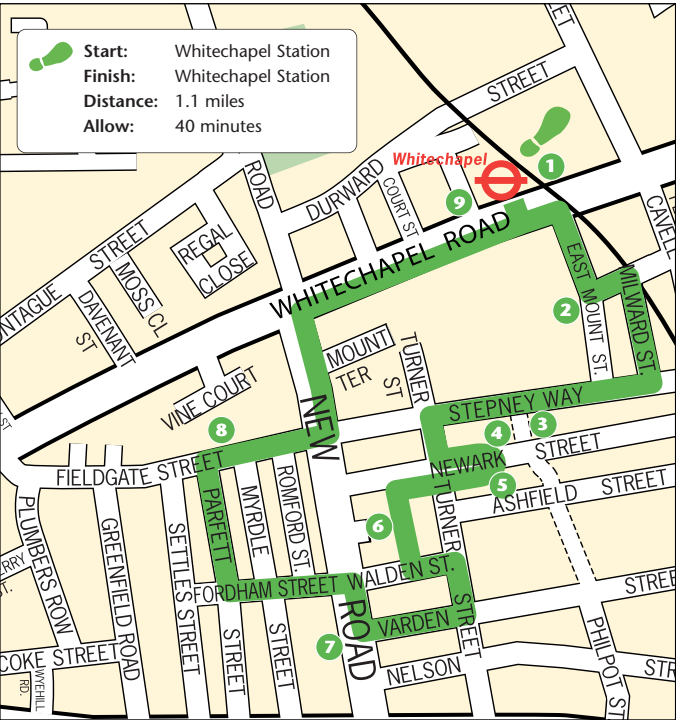
চিচি রেস্টুরেন্ট এই ব্যবস্থায় লাভবান হতে পেরেছে এবং এই প্রতিষ্ঠানের ম্যানেজার ম্যাটিন এ্যানিন বলেছেন, টাউন হলের ক্যাফে চালানো একটি চ্যালেঞ্জিং ব্যাপারে। তবে এর মাঝে পুরস্কার ও রয়েছে।

মিঃ এ্যানিন আরো বলেন, টাউন হল ক্যাফের ব্যবসার উন্মুক্ত হচ্ছে দেখে ভাল লাগছে। কাউন্সিল চায় স্থানীয় প্রতিষ্ঠানগুলো আবেদন করুন আর কাউন্সিল এটা সহজ করে তুলতে সাহায্য করছে।

রিসোর্স এর কেবিনেট মেম্বর কাউন্সিলর আলিবার চৌধুরি বলেন, “চিচি এর মত ব্যবসা প্রতিষ্ঠান এর সংস্থাকে আমরা সহযোগিতা করতে চাই। স্থানীয় ব্যবসা প্রতিষ্ঠানকে সহযোগিতার মাধ্যমে স্থানীয় কমিউনিটিকে সহযোগিতার নামান্তর।”

■ The above stories are: World Diabetes Day – issue 985; wheelie good bin service – issue 985; shop local Saturday – page 12.

Take a closer look at the changing face of Whitechapel as you follow **Graham Barker's** walk this month. Photos by **Kois Miah**.



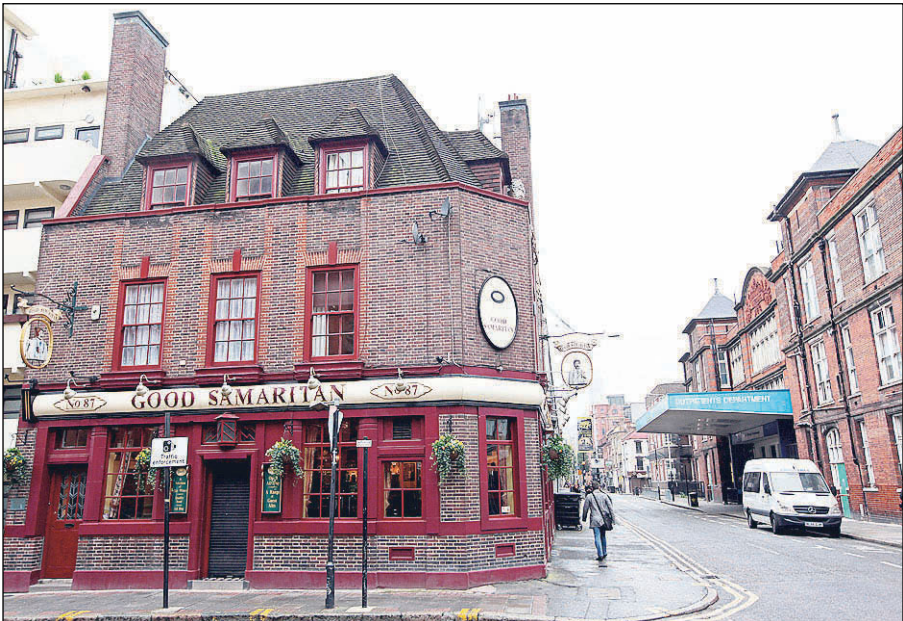
Walk of the month: A vision of Whitechapel

CHANGES are afoot in Whitechapel. The Royal London Hospital site is being redeveloped, Crossrail is currently tunnelling through, and strategic masterplans – known as the Whitechapel Vision – are in hand to transform the area with a new civic hub and medical research ‘city’.

It’s a good time to explore the area; on this walk you’ll get glimpses into Whitechapel past, present and future.

Whitechapel station is always bustling, providing an important interchange between the underground, overground and – in a few years’ time – Crossrail. As you leave the station you emerge into a parade of pound-a-bowl fruit and vegetable stalls, hardware stores and sari shops. There will be a chance to bag a bargain here later, so for now cross the main road and take a look back.

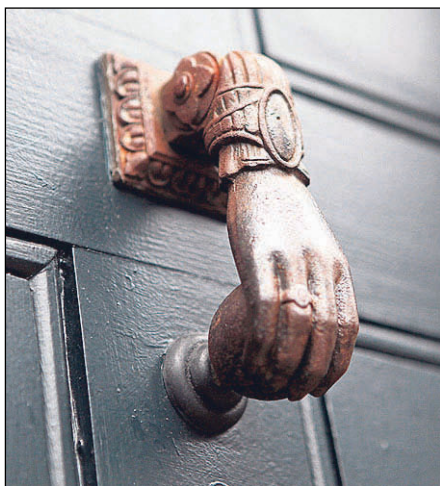
The terrace around the station has been sensitively renovated as part of a High Street 2012 sprucing. Particularly remarkable is the former Working Lads’ Institute (1) – the ghostly signage still visible on high – to the right of the station, which



The Good Samaritan, a popular watering hole for Royal London medics



The new Royal London Hospital, with its patchwork of blue glass, dominates



In with the old

offered lectures, a gymnasium and swimming pool to local youngsters from the 1880s. Whitechapel Idea Store stands further along to the right, projecting its angled glass frontage over the market pavement. The Royal London Hospital’s imposing Georgian façade is behind hoardings – a sign of redevelopment underway – but it’s the new hospital buildings (2) that now dominate the skyline with their patchwork of blue glass.

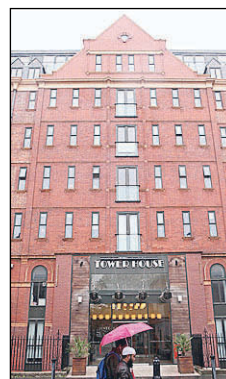
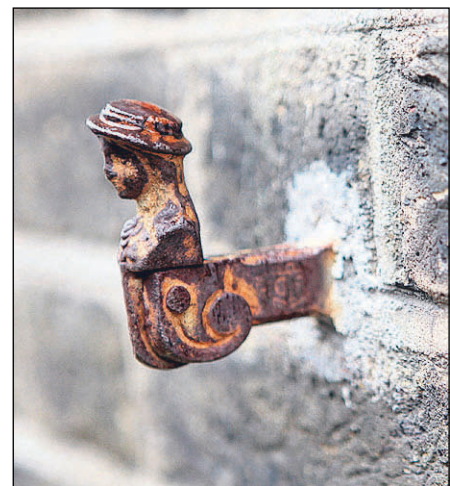
Founded in 1757, the hospital was set up to help the sick amongst ‘the merchant seaman and manufacturing classes’. Over the past 250 years it has developed into a world-renowned teaching hospital, now serving as the capital’s leading trauma centre, with London’s Air Ambulance service flying from the rooftop helipad. Skirt around the new hospital buildings, past the main entrance and later beside a



The weatherboard exteriors of Varden Street



The vibrantly coloured walkway to the Blizzard Building



(Middle, top to bottom) The Georgian splendour of Varden Street; the ironmongery stands out such as this Varden Street doorknocker and window stopper in Walden Street.

(Left) The beautifully restored terraces of Walden Street

here; inside at the Institute of Cell and Molecular Science some 500 scientists carry out research into areas such as diabetes, immunology and neuroscience.

It also houses the Centre of the Cell project to spark children's interest in medical science. Stroll under the pink and orange glass bridge spanning the plaza, and try to spot four quirky 'pods' – Orange, Mushroom, Spiky and Cloud – hovering over the open-plan offices.

Terraces of Georgian cottages, beautifully restored, line your route along Walden, Turner and Varden Streets. Look out for the ironmongery – knobs, knockers, foot-scrappers and shutter catches – and also for the weather-boarded rear sections visible from Varden Street.

On New Road – it was new when created in 1772 – creeper-clad No 33 and its neighbouring terraces are especially fine, with faces depicted in the keystones. And be sure to spot the blue plaque outside No 23 recording the Salvation Army's first indoor meeting here in 1865, when it was Professor Orson's Dancing Academy (7). Opposite, a firm of bespoke tailors occupies Somerset House.

At The Whitechapel – a new boutique hotel – head left along Fordham Street. The parallel streets running off here were developed as part of the London Hospital Estate and each has its distinct character. Romford Street is flanked by Fieldgate Mansions – red-brick and Edwardian – whilst on Parfett Street the 1790s terraces include some original fanlights and doorcases.

Tower House (8) dominates this stretch of Fieldgate Street. Peer up to the arrow-slit windows and curious cupolas. Now it's a smart apartment block but it was built in 1902 as a hostel for 816 single men. In 'Down & Out In Paris and London' George Orwell wrote 'the charge is a shilling, for which you get a cubicle to yourself, and the use of excellent bathrooms'.

Venture right, past Tayyabs restaurant – and return to New Road. As you cross, you'll get views back towards a couple of large clothing factories, including Empire House, designed by H Victor Kerr in 1934 with fine art deco detailing. It's a reminder that Whitechapel was rag trade heartland.

Mount Terrace was named after the defensive mount hereabouts that formed part of the City's civil war defences. Pause at the corner of Whitechapel Road. Diagonally across there are glimpses of the Jagonari women's education resource centre, the Davenant Centre and the Salvation Army hostel Booth House beyond.

Again, there's a good view of the renovated terraces opposite. If architecture is your thing, then stick on the south side of Whitechapel Road to enjoy the delightful variety of buildings (9) visible above the market stalls. Highlights include Rose House – once offering 'Bedding, Bedsteads, Feathers and Flocks' – the tiny Lord Napier, and the Grave Maurice rebuilt in 1874 with polychrome brickwork.

Alternatively, if you're drawn towards a bargain, cross and make your way through Whitechapel Market, recently upgraded. Amongst the stalls look out for a drinking fountain, erected in 1911 'In grateful and loyal memory of Edward VII... by the Jewish inhabitants of East London.'

A few steps further on and you're back at the tube station, the end of your walk.

To find out more about the Whitechapel Vision masterplan, visit http://www.tower-hamlets.gov.uk/lgs/451-500/494_th_planning_guidance/consultation_and_engagement/draft_whitechapel_vision_spd.aspx

d, in with the new

covered roadway. You'll soon encounter Queen Alexandra (3) – a hospital supporter, responsible for introducing the Finsen light cure for lupus in 1900. Behind the statue, a bronze plaque depicts the treatment.

On the next corner, the Good Samaritan pub is a popular destination for medics and hospital workers, with Gwynne House alongside, built in 1934 with Modernist curves.

From here, there's a clear view of the for-

mer St Philip's Church, once dubbed 'the Cathedral of the East End' and now used as medical library. The former crypt is now home to the free, Royal London Hospital Museum (4) – accessed down a slope from Newark Street.

Here you can investigate the surgical instruments and other medical paraphernalia on display. You'll also find out about Joseph Merrick – better known as the Elephant Man

– who lived the last four years of his life at the hospital – and World War I heroine Edith Cavell, a Whitechapel-trained nurse.

Opposite, in the shadow of the church, are the former St Philip's National Schools (5) – with a Tudor-Gothic design, stepped gable and turrets.

Bruce McLean's vibrant artwork on the Blizzard Building (6) – of genomes, proteins and lipids – gives a clue as to what happens

Bangla drama

A Season of Bangla Drama, now in its 11th year, features theatrical performances, live music and debates.

TICKETS FROM WWW.WEGOTTICKETS.COM



Celebrating Britain's Britten

Events are being held this year to celebrate the centenary of the birth of English composer Benjamin Britten, whose range of works included opera, orchestral and chamber pieces.

WWW.BRITTENPEARS.ORG

Out & about guide

What's on where this week

Events

A Season of Bangla Drama

Music, theatre and literary classics. Until Sun, Nov 24. Multiple events. Times, prices and venues vary.
www.wegottickets.com/aseasonofbangladrama

Readings by the River

Series of readings – this week, Henry Marsh. £6. Thurs, Nov 21. 7pm. The Wapping Project, Wapping Hydraulic Power Station, Wapping Wall, E1W.
readingsbytheriver.eventbrite.co.uk

Exhibitions

The Scream of the Commode

New photos by contemporary artist Flore Nové-Josserand. Free. Until Dec 8. Thurs-Sun. 12-6pm, or by appointment. IMT Gallery, Unit 2/210 Cambridge Heath Road, E2. 8980 5475
www.imagemusictext.com

Family

Canary Wharf Ice Rink

Glide across the 1,100m sq rink, enjoy the rinkside bar or watch from the viewing gallery. Also a glittering skate path through trees lit by fairy lights. Under-13s must be accompanied on the ice by an adult. £13.50, £9

under-13s, £36.50 family ticket. Daily from 10am until Feb 16. Canada Square Park, Canary Wharf, E14.
www.icerinkcanarywharf.co.uk

Kids

Framed Film Festival

Showcase of international films, events and creative learning for children under 12 and teenagers. Features a mix of animation and live action, UK premieres and workshops. Until Sun, Nov 24. Barbican Cinemas 2&3, Beech Street, EC2. 0845 120 7527
barbican.org.uk/film

Music

Great Britten –

Docklands Sinfonia

Children's author and illustrator James Mayhew will create original art work while the orchestra plays two of Britten's compositions – A Young Person's Guide to the Orchestra and Four Sea Interludes – on the 100th anniversary of the composer's birth. £12 in advance, £10 concs, £15 on the door. Fri, Nov 22. 7.30pm. St Anne's Limehouse, 5 Newell Street, E14.
www.docklandssinfonia.co.uk

Theatre

Our Country's Good

It's 1789 and a young marine lieutenant is directing the first play to be staged in Australia with a cast of convicts and a leading lady who may be about to be hanged. £10/£6. Thurs-Sat, Nov 21-23. 8pm. The Space, 269 Westferry Road, E14. 7515 7799
<http://thespace.org/>

Walks

Murder, Maladies and

Medical Miracles

Explore the heritage of Queen Mary's medical school and the Royal London Hospital, then visit Centre of the Cell to find out how scientists are discovering the treatments of the future. Over-16s only. Tickets £8. Begins at Centre of the Cell, Newark Street, E1. Tues, Nov 26. 6.30pm. 7882 2562.
<http://centreforthecell.eventbrite.co.uk/>

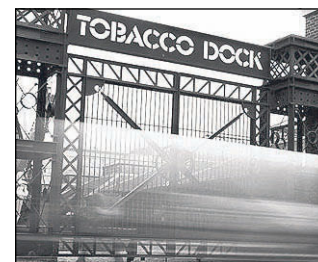
Winter Tree Walk

Learn all about the many trees, once they've lost their leaves. Free. Sat, Nov 23. 10am-12.30pm. Meet at Pavilion Café, Victoria Park. Book on 7364 5393 or email samantha.brewster@towerhamlets.gov.uk



Taste of Christmas

Learn new and inventive ways to enjoy Christmas food from top international chefs. As well as demonstrations and talks by household names, there will be food stalls run by some of the world's top restaurants and a boutique food market. £23-£64 in adv (children 8-14, £12.90), more on the door. Thurs-Sun, Nov 21-24. Tobacco Dock, 50 Porters Walk, Wapping, E1.
<http://www.tasteofchristmas.com/>



Dance

Argentinian tango E14

Class. Sat 2-5pm. £5. St John's Community Hall, 37 Glengall Grove, E14. 7538 3852

Ballroom/Latin American

Fri, 2-4pm, £2.50, 20p refreshments. Kingsley Hall, Powis Road, Bromley-by-Bow, E3. 8550 1392

Brazilian dance aerobic classes

Weds 9-10am & Thurs, 1-2pm. Free. Alpha Grove Centre, Isle of Dogs, E14. 7538 1714

Energize4Girlz

South African gumboot dancing. Every other Saturday from 11am-12.30pm. St Pauls Shadwell Church, 302 The Highway, E1.

energize4girlzdance@gmail.com

Green Candle Dance

Ages 11-14. Tues, 4-5.30pm, free. Over-60s, no experience is necessary. Tues, 10.30am-12pm, free. Oxford House, Derbyshire Street, E2. 7739 7722

Email your diary details to eastendlife.news@towerhamlets.gov.uk

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Oh yes he did...

Dick Whittington is a folk tale telling the story of a poor boy in the 14th century who becomes a wealthy merchant and Lord Mayor of London, because of his cat's ability to deal with rats.

SEE BELOW

Global greats

Over 30 musicians from all parts of the world regularly perform with the Grand Union Orchestra.

DETAILS BELOW

Out & About

Join in the jazz celebrations

Jamming and dancing with jazz orchestra at Wilton's

BY RUSSELL COTMAN

THE Grand Union Orchestra brings together top musicians from all over the world to create original music and spectacular live shows.

And their latest extravaganza – dubbed On the Edge: A Four Day World Jazz Festival – is at Wilton's Music Hall from Thursday to Sunday, November 21-24.

The orchestra packed out the hall in June and now they return with a four-day series of events that will bring together musicians and singers from every major musical culture worldwide, including



(Clockwise from top left) Alison, Tony Haynes, Kevin, Louise

virtuoso players and great improvisers.

And residents have the opportunity to play music with them

on Thursday, dance with them on Friday, hear their songs on Saturday and enjoy their improvisation on Sunday.

Composer and director Tony Haynes explained how the event came about: "Earlier this year, the BBC screened a drama series called Dancing on the Edge. Many of its most dramatic scenes were set in Wilton's Music Hall, but what struck me most of all was the title itself."

"Dancing on the edge describes the work of Grand Union perfectly, particularly in the East End of London where we have been based – and from which we have drawn much inspiration – for more than 25 years; while Wilton's Music Hall – whose intimate atmosphere has a special appeal for performers and audiences alike – has played a central role in east London life."

Thursday's session, Jamming on the Edge, allows you to take an instrument and join the house band in music from around the world.

Friday's Dancing on the Edge features samba, reggae and calypso through to west African ju-ju, East European waltzes and the jagged dance forms of the Balkans.

Saturday will see British gospel, African, South Asian and Portuguese songs, while Living on the Edge, on Sunday, is built around the music of Africa that migrated through the slave trade to the Americas, Cuba and the Caribbean – the roots of jazz and the blues – and the joyous township music of south Africa today.

Tickets are £16, £8 concessions, and there is a discount if you book for two nights.

Shows start at 8pm, except on Sunday, when the start time is 5pm.

Wilton's is at 1 Graces Alley, (off Ensign St), E1. For more information go to <http://wiltons.org.uk>

News in brief

Festival minus mud

LONDON Remixed Festival: The Live Music Culture Clash promises to recreate summer festival sounds, but without the need for all that mud and camping.

The one-night event is spread across seven venues – but you only need one ticket.

Expect remixed sounds from ghetto funk, drum and bass, reggae, anarchic hoedown, Latin breaks, brass band hip hop, electro-Afro music, Balkan beats, blues remix, electro swing, tropical bass, Ethiopian dub, DMC scratch masters and more.

The festival includes local venues the Village Underground, the Bedroom Bar, Rich Mix and Strongroom. More details at www.facebook.com/londonremixedfestival

Rare film screening

LEYDEN Gallery is presenting a special screening of 1979 feature film The Song of the Shirt.

With an introduction by its directors Sue Clayton and Jonathan Curling, the screening represents a rare opportunity to see this seminal black and white film, which portrays the world of the thousands of women who moved to districts such as Spitalfields to work in the clothes trade in the 19th century.

The screening is at Genesis Cinema, 93-95 Mile End Road, E1 on Tuesday, November 19 at 6.30pm. Tickets cost £10. To book, visit www.genescinema.co.uk or call 7780 2000.

Stories at dinner

HEAR people's extraordinary true stories over a three-course dinner at Bethnal Green Working Men's Club. Individuals are invited to share their tales with the audience, with each speaker given ten to 15 minutes on stage followed by a Q&A session.

Speakers include authors, innovators, comedians, artists, not-for-profit founders, explorers and inventors.

Go along to the club at 42 Polard Row, E2 on Tuesday, November 26 – doors open at 6.30pm and stories begin at 7.30pm.

Tickets are £30 in advance from allearsevents.co.uk

CHRISTMAS arrives at Theatre Royal Stratford East in the form of panto Dick Whittington. The action-packed story will have audiences laughing, singing and cheering at every stage of Dick's adventure to Stratford, where he encounters Fairy Bow Bell and discovers if the streets really are paved with Olympic gold. Rising star Ashley Gerlach (pictured below) will be playing the lead role, while panto veteran Michael Bertenshaw returns as King Rat. Delroy Atkinson as the Dame will be donning the fake eyelashes for the first time. Celebrated deaf actress and cabaret star Caroline Parker is Fairy Bow Bell, while Rose-Marie Christian (also pictured below) plays Alice Fitzwarren.

Dick Whittington will run at Theatre Royal Stratford East,

Gerry Raffles Square, E15 from Saturday, November 23 to January 11. Tickets start from just £5.50 to £23.50. To book, call the box office on 8534 0310 or visit www.stratfordeast.com

OVER at the Hackney Empire, the curtain rises this week on the rarely performed classic Perrault pantomime, Puss in Boots. Recreated with a distinct Hackney spin, the unique seasonal show, complete with song and dance routines, can be enjoyed by all ages.

The cast includes Kat B as Puss in Boots, Sharon D Clarke as Queen Talulah the Hoo Ha, Stephen Matthews as Dame Nettie Knowall (all three pictured right), Josefina Gabrielle as evil witch Evilena, and Tony Timberlake as King Konkers the Bonkers.

Expect awe-inspiring creature puppets created by Scott Brooker, head puppet maker for the cult TV series Spitting Image. The fun

starts at the Empire in Mare Street, Hackney this Friday, November 23 and runs until January 5. Tickets cost £10-£32 – call the box office on 8985 2424.



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Please note: Modest dress code applies.
Scarves and overwear will be provided.
Thank you for your co-operation

Designed by SayedKhan



Penny's picks are As Good As Meat

Vegetarian blogger Penny Wilson's kids have never eaten meat and have no desire to. "We don't much care what other people eat, so long as we are left to enjoy our food," she says.

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Restaurant reviews are a popular feature of East End Life. If you would like to advertise on this page,

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Eating out, eating in



Bringing Indian flavours to Wapping, Laksha Bay offers good food at reasonable prices

Enjoy a taste of India

BY POT-BELLIED PIG

A SHORT walk from Shadwell DLR, Laksha Bay makes a good first impression with attentive staff and a lovely atmosphere.

A starter of samosa set expectations high. Beautifully presented and with a well-received serving of mustard, it was surprisingly well thought

out for a starter. We ordered chicken goa and paneer shashlick for our main dishes. The chicken was excellently cooked and the paneer shashlick was also delicious with a sizzling array of Indian cheese with a smattering of vegetables.

The pilau rice left a bit to be desired, however. Notably plain, the portions were small and left you wanting more afterwards.

They also came in small bowls, piping hot, that burnt your hands when you tried to pick them up to put some on your plate. It's a strange part to get wrong, but it does show that the little things matter.

This was an enjoyable meal. The house merlot was fantastic, if a little pricey, and it's always a treat when you find a restaurant that does vegetarian well and the paneer shash-

lick was very well-received – Laksha Bay definitely does well on that front.

But considering the cost, I find it hard not to nitpick – the main courses came in at £7.50 for the paneer and £7.95 for the chicken.

Nonetheless, an enjoyable meal and one I'll be sure to tell others about.

Laksha Bay is at 83-85 Wapping Lane, E1W. Tel: 7481 0777.

Hearty soup to warm up winter

MANY people are experimenting with meat-free meals.

Veggie food is easy and can put meat dishes to shame!

I knew butternut squash was cheap and good for you but,

until I ate this soup, I had never tasted a really delicious dish made from squash.

It had a rich, nutty, creamy taste and I had to work out how to make it for myself. So, here is the secret.

Butternut squash soup – serves 4

Ingredients

1 butternut squash
1/4 block of creamed coconut
Cream or crème fraîche
Olive oil

Nutmeg
Cinnamon
Powdered ginger
Mixed spices
Sunflower seeds
Soy sauce

1. Cut the squash up before you peel it. It's easier that way and you are less likely to cut yourself. Scoop out the seedy and fibrous middle and cut the flesh into inch-sized chunks.

2. Place the squash in a heavy saucepan with a couple of tablespoons of olive oil and a couple of pints of water. Add salt and pepper, taste the water to get to the level of seasoning you like. Then add grated nutmeg, cinnamon and a very little powdered ginger and mixed spice.

3. Cook slowly until the squash begins to break up.

4. Add a quarter of a block of creamed coconut and allow it to melt into the mixture.

5. Keep topping up the water so it doesn't get all gloopy. You will know what texture you like, but I simmer it for about 20 minutes.

6. Just before you want to serve it, stir in cream or crème fraîche and some crunchy sprinkles made from soy sunflower seeds.

7. To make these, slowly toast sunflower seeds in a dry frying pan until they are just beginning to brown. Add a couple of dessertspoons full of soy sauce.

8. Continue to toast the mixture slowly, stirring all the time, until the soy sauce is cooked on to the seeds as a coating. Allow the seeds to dry out in a single layer. Store extra sprinkles in an airtight container.

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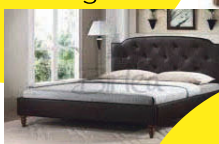
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The Mayor of Tower Hamlets wants to hear your views

Calling the **IRISH** COMMUNITY of Tower Hamlets

Interested in finding out more about Irish support networks in Tower Hamlets? Concerned about loneliness and isolation?

'A consultation on the needs of the Irish Community in Tower Hamlets'

THU 28 NOV 2013 • 1-3PM

Tarling East Community Centre
63 Martha Street, E1 2PA

DLR/Overground: Shadwell

5 mins walk from Shadwell Overground & DLR Stations

For more info call

020 7428 0471

Refreshments and a tea-dance will follow the consultation. We would especially like to encourage older Irish people and their families to come along and have your say.

Mayor Lutfur Rahman in partnership with the Irish Pensioners Forum East London, Irish Elderly Advice Network, The Irish Embassy and Unite Community want to hear your views.



IRISH PENSIONERS FORUM EAST LONDON

IRISH ELDERLY ADVICE NETWORK

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A celebration of all that's British

The Festival of Britain took place in the summer of 1951 and celebrated the nation's recovery after World War II. The festival saw the Lansbury Estate built north of East India Dock Road.

SEE BELOW

A helping hand

The Association of Residential Lettings Agents was formed in 1981 as a professional and regulatory body.

WWW.ARLA.CO.UK

Property



IT may be winter outside, but residents on two social housing estates in Bethnal Green can look forward to seeing bright blooms in the coming months. Staff at Tower Hamlets Community Housing (THCH) identified areas in need of beautifying, including a patch of grass behind Lysander House in Temple Street and a derelict piece of land in Canrobert Street. Twenty five members of THCH staff visited the areas to tidy them up and plant bulbs and seeds. "Despite the terrible weather, the planting project was a great success," housing officer Jonathan Stewart told East End Life.

Tenants advised to ask the right questions on renting

Advice from the Association of Residential Letting Agents

THE average London tenant is estimated to stay in a property for just over 20 months and the Association of Residential Letting Agents is advising prospective tenants to make sure they know what they're letting themselves in for.

ARLA president Susan Fitz-Gibbon said: "Asking the right questions when viewing a rental property can guard against any unwanted surprises later on in the tenancy."

"Never be afraid to ask what may seem like a simple question as the answer may have a significant bearing on your final decision about renting a property."

"Renting should be a positive experience, and our figures suggest that many people are staying in a property for longer than the duration of a traditional one-year tenancy agreement. For this reason it definitely pays to think reasonably long term when considering your choice of rental home."

ARLA has the following advice for tenants viewing properties: **Who is responsible for the property?**

You may be shown around by a letting agent, but they may not be responsible for the management of the property once it is let. If the landlord is going to take on maintenance duties, it may be worth meeting with them before signing the tenancy agreement.

Choose an expert agent

The letting industry is not currently subject to any government legislation, which means that anyone can set up as a letting agent or landlord. You should always ask if your agent is affiliated to a professional organisation like ARLA so they adhere to codes of conduct and offer other money protection and redress schemes.

Winter is coming

Always ask to see a property's energy performance certificate (EPC) when you view it. This will give you an idea of potential energy bills.

Are you jointly liable?

Many shared tenancies contain a joint liability clause, meaning you are responsible for the actions of your co-tenants. Before you enter such an agreement, carefully consider how well you know your prospective housemates.

Batteries not included

Always ask explicitly what items come with the property. As well as asking about included contents, it is always worth turning on the shower and taps to check pressure.

Park memorial marks end of refurbishment

BY JESSICA ODUBAYO

RELATIVES of the late politician and social reformer George Lansbury were among those who attended the opening of a park marking the completion of multi-million pound refurbishment work on the Lansbury Estate in Poplar.

Social housing landlord Poplar Harca has installed plaques in Rocky Park, in memory of George Lansbury and the Festival of Britain.

Nigel Whiskin, great-grandson of the socialist and rights advocate, spoke at the opening of the park on November 7, along with other guests including Poplar & Limehouse MP Jim Fitzpatrick.

Mr Whiskin said his great-grandfather, who campaigned for decent homes for families, would have been proud of the estate and its newly created play space.

"George Lansbury's accomplishments were remarkable. He was involved in the suffragette movement—standing



Nigel Whiskin, great-grandson of George Lansbury, in front of one of the plaques

as an independent socialist suffrage candidate – and he worked to close workhouses and set up employment and education projects," Mr Whiskin said.

"This park and plaque is a

reminder of what he stood for – women's rights, disarmament and social justice."

Mr Lansbury was MP for Bow and Bromley from 1910 to 1912 and again from 1922-40. As mayor of Poplar, he led the

Poplar rates revolt in 1921 when he was imprisoned with 30 other councillors.

The first phase of the Lansbury Estate was part of the Live Architecture Exhibition in the 1951 Festival of Britain.



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If you are interested please contact **0300 303 2500**.

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Find out about local schools, council services, transport links, and businesses at: www.upmystreet.com

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You can bid for these homes only if you have an active application on the Tower Hamlets Housing List. Please do not visit any of them as it may cause a nuisance to neighbours.

We can only contact people we make offers to. Offers are made in priority order based on the lettings policy. A copy of the policy is available from us on 020 7364 2826 or on the website.

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Waxaan kaliya oo aan la xidhiidhnaa daliya aanu guryo ugu deeqayno. Guryo bixintu waxa lagu gaadhaa habka mudnaanta loo kala leeyahay ee ku salaysan nidaamka guryo kiraynta. Nuqul ka mid ah nidaamkan waxaad nagaga heli kartaa adigoo la soo xidhiidha telefanka 020 7364 2826 ama cinwaanka internetka

若您仍然登記在塔橋區政府現時生效的房屋名單上，您才可以競投這些房屋。請切勿到任何這些房屋造訪，因為這可能對鄰居造成滋擾。

我們只能聯絡那些我們可以提供房屋的人士。我們根據租屋政策按優先次序提供房屋。欲索取這份政策，請致電我們，號碼 020 7364 2826，或瀏覽網站。

Nếu đơn thỉnh cầu của bạn trong danh sách xin cấp nhà của Tower Hamlets mà có kết quả, bạn có thể lựa chọn những căn nhà này. Xin đừng tới tham quan bất cứ căn nhà nào vì có thể gây nên những phiền toái cho hàng xóm.

Chúng tôi chỉ có thể liên lạc với những người chúng tôi cấp nhà. Quyết định cấp nhà theo thứ tự ưu tiên dựa trên chính sách cho thuê nhà. Nếu bạn cần bản sao chính sách này, bạn có thể gọi số 020 7364 2826 hoặc vào trang web.

آپ ان گھروں کے لئے صرف اس صورت میں بولی دے سکتے ہیں اگر "ہاؤسنگسٹار" میں آپ کی درخواست واجب اور ضروری ہے۔ براؤزر ان میں سے کسی گھر کو دیکھنے کے لئے مت جائیے، کیونکہ یہ ہاؤسنگسٹار کے لئے پریشانی کا باعث ہو سکتا ہے۔

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website: www.towerhamlets.gov.uk

Support Charges apply to **all Sheltered homes for the Over 60's**. This will be covered by Supporting People Subsidy **if you are entitled to Housing Benefit or other benefits**. Subsidy is also available for individuals not in receipt of benefit in some cases. If you need information about financial help, please contact the Lettings Team on 020 7364 0204/0206 or ask for a copy of our leaflet '**Support Charges in long term Supporting People Services**'. This is also available on our website www.towerhamlets.gov.uk.

Further information on homes advertised is available at One Stop Shops & Neighbourhood Housing Offices

Key for Accessible Housing Register

Some people require a home that is accessible. These homes are coded as follows:

Category	Description
A Wheelchair Accessible	Purpose built to meet most recent wheelchair housing standards
B Partially Wheelchair Accessible	Designed to older wheelchair housing standards
C Life time Homes	Specifically designed to create an accessible and adaptable home
D Easy Access	Designed to be spacious with no steps to the property
E Step-free	General housing with no steps to the property
F General Housing	Does not meet requirements for other categories
G Not assessed	Property not yet had access survey

Vulnerable applicants who need help and information regarding their housing application and with finding suitable accessible and/or adapted homes, contact the Lettings Client Support Team on **020 7364 0204 / 0206 / 0209**.



1. Internet Bidding
Just log on to www.thhs.org.uk



2. Telephone Bidding
Simply call **0845 270 2400**

Permit Transfer Scheme: for residents moving to 3 bedroom or larger social rented car free homes

The Mayor of Tower Hamlets introduced the new Permit Transfer Scheme (PTS) to operate from 5 September 2011 to help to reduce the levels of overcrowding in social rented housing in the borough. The PTS helps some families move to larger social rented car free homes by allowing them to retain one on-street resident car parking permit, subject to the PTS criteria as outlined below being met. The PTS is a change in the operation of the Council's existing on-street Residents' Parking Permit Scheme.

CAR FREE HOMES No on-street residents' parking permits issued

The Council's 'car free homes' planning policy was introduced in Tower Hamlets in the late 1990s to help reduce traffic congestion and better manage the limited supply of on-street parking spaces. This initiative also helps to reduce the level of air pollution from motor vehicles and encourages more people to walk, cycle and go by public transport.

The Transport for London (TfL) Cycle Hire scheme (www.tfl.gov.uk/cycling) and local pay-as-you-go car clubs (www.carplus.org.uk) are also now available in Tower Hamlets to help you get around in healthier, greener ways.

If you live in a car free home, you will not be able to apply for on-street residents' car parking permits, unless you hold a disabled driver's blue badge or are eligible under the Permit Transfer

Scheme (PTS), which is targeted at social rented housing residents. The criteria for the PTS is as follows:

1. applies to residents moving to 3 bedroom or larger social rented car free homes;
2. only one on-street resident parking permit per household is permitted;
3. you must have held your on-street car parking permit for at least 1 year prior to moving home;
4. your on-street parking permit must be renewed and **not lapse to remain eligible** under the scheme;
5. the tenant is responsible for providing proof of PTS eligibility to Parking Services (including a duly signed and dated Tower Hamlets Homes or housing association approved tenancy agreement); and

6. the PTS was introduced on (and operates from) 5 September 2011 by Tower Hamlets Council and **is not retrospective**.

Residents in car free homes can apply for a temporary parking permit for visiting trades people for £5 a day. To qualify, written proof of the work to be carried out must be provided, along with the vehicle's details. Each home can apply for a maximum of 20 one-day-permits within a 6 month period.

Alternatively, scratchcards are available for trades people and visitors, providing parking for up to five hours on weekdays and all day on weekends. Households can apply for up to 3 books of 10 scratchcards per year. For permit charges and information, visit www.towerhamlets.gov.uk/parking



SHELTERED
Accessible Category E
ROCHESTER COURT, WILMOT STREET, E2
 Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • One lift • Bathroom with W/C • GCH • Shared garden • Pets not permitted

Eligibility : Min Client Age 60

£158.47, Weekly - Social Rent
 Landlord: Gateway Housing Association

Property Ref: 28545



OVER 50's
Accessible Category E
COLSTEAD HOUSE, WATNEY MARKET, E1
 Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted

Eligibility : Min Client Age 50

£119.93, Weekly - Social Rent
 Landlord: Tower Hamlets Council

Property Ref: 28542



OVER 50's
Accessible Category E
BENTWORTH COURT, GRANBY STREET, E2
 Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Wet room (walk in shower) • GCH • Private garden • Pets permitted

Eligibility : Min Client Age 50

£134.20, Weekly - Social Rent
 Landlord: Tower Hamlets Council

Property Ref: 28551



BEDSIT SELF-CONTAINED FLAT
Accessible Category F
HARPLEY SQUARE, E1
 Flat • 0 Bed 1 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted

£86.56, Weekly - Social Rent
 Landlord: Tower Hamlets Council

Property Ref: 28519



BEDSIT SELF-CONTAINED FLAT
Accessible Category F
STOREY HOUSE, COTTAGE STREET, E14
 Flat • 0 Bed 1 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted

£90.90, Weekly - Social Rent
 Landlord: Tower Hamlets Council

Property Ref: 28508



BEDSIT SELF-CONTAINED FLAT
Accessible Category F
RAPLEY HOUSE, TURIN STREET, E2
 Flat • 0 Bed 1 Person • 3rd floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted

£96.99, Weekly - Social Rent
 Landlord: Tower Hamlets Council

Property Ref: 28535



1 BEDROOM
Accessible Category F
MOORE HOUSE, CABLE STREET, E1
 Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted

£99.35, Weekly - Social Rent
 Landlord: Tower Hamlets Council

Property Ref: 28543



1 BEDROOM
Accessible Category F
HEATHPOOL COURT, BRADY STREET, E1
 Flat • 1 Bed 2 Person • 4th floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted

Eligibility : Band 3

£118.51, Weekly - Social Rent
 Landlord: Tower Hamlets Council

Property Ref: 28533



1 BEDROOM
Accessible Category F
DONEGAL HOUSE, CAMBRIDGE HEATH ROAD, E1
 Flat • 1 Bed 2 Person • 3rd floor • Separate kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted

£99.75, Weekly - Social Rent
 Landlord: Tower Hamlets Council

Property Ref: 28548



1 BEDROOM
Accessible Category F
PEABODY BUILDINGS BLOCK A, JOHN FISHER STREET, E1
 Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted

Eligibility : Band 3

£117.80, Weekly - Social Rent
 Landlord: Peabody

Property Ref: 28553



1 BEDROOM
Accessible Category F
MONTROSE HOUSE, WESTFERRY ROAD, E14
 Flat • 1 Bed 2 Person • 2nd floor • Separate kitchen • No Lift • Separate Bathroom and W/C • GCH • No garden • Pets not permitted

£108.04, Weekly - Social Rent
 Landlord: One Housing Group

Property Ref: 28537



1 BEDROOM
Accessible Category G
ELUNA APARTMENTS, WAPPING LANE, E1W
 Flat • 1 Bed 2 Person • Ground Floor • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • Electric storage heater • No garden • Car free home • Pets not permitted

£118.44, Weekly - Social Rent
 Landlord: Newlon HA

Property Ref: 28510



1 BEDROOM
Accessible Category F
LARK ROW, E2
 Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • Electric radiators • No garden • Pets not permitted

£113.46, Weekly - Social Rent
 Landlord: Peabody

Property Ref: 28552



1 BEDROOM
Accessible Category D
CALCRAFT HOUSE, BONNER ROAD, E2
 Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted • Life Time.

£106.22, Weekly - Social Rent
 Landlord: Tower Hamlets Council

Property Ref: 28534



2 BEDROOMS
Accessible Category E
MUSBURY STREET, E1
 Maisonette • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • Private garden • Pets with landlords permission • This is a fixed term tenancy of 5 years except for those currently holding a secure or assured social housing tenancy

£156.13, Weekly - Social Rent
 Landlord: Swan Housing Association

Property Ref: 28512



2 BEDROOMS
Accessible Category F
MUSBURY STREET, E1
 Maisonette • 2 Bed 4 Person • 3rd floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets with landlords permission • This is a fixed term tenancy of 5 years except for those currently holding a secure or assured social housing tenancy

£154.49, Weekly - Social Rent
 Landlord: Swan Housing Association

Property Ref: 28538



2 BEDROOMS
Accessible Category F
LUKE HOUSE, TILLMAN STREET, E1
 Flat • 2 Bed 4 Person • 6th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Residents parking scheme • Pets not permitted

£134.11, Weekly - Social Rent
 Landlord: Tower Hamlets Community Housing

Property Ref: 28529



2 BEDROOMS
Accessible Category C
KILN HOUSE, KILLICK WAY, E1
 Flat • 2 Bed 3 Person • 2nd floor • New build • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets not permitted

£148.37, Weekly - Social Rent
 Landlord: East Thames Group

Property Ref: 28532



2 BEDROOMS
Accessible Category F
GOULDMAN HOUSE, WYLLE CLOSE, E1
 Maisonette • 2 Bed 4 Person • 1st floor • Separate kitchen • Two lifts • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted

£115.52, Weekly - Social Rent
 Landlord: Tower Hamlets Council

Property Ref: 28528



2 BEDROOMS
Accessible Category F
REDMILL HOUSE, HEADLAM STREET, E1
 Flat • 2 Bed 4 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted

£133.47, Weekly - Social Rent
 Landlord: Tower Hamlets Council

Property Ref: 28516



2 BEDROOMS
Accessible Category F
DONEGAL HOUSE, CAMBRIDGE HEATH ROAD, E1
 Flat • 2 Bed 4 Person • 6th floor • Separate kitchen • Two lifts • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted

£111.81, Weekly - Social Rent
 Landlord: Tower Hamlets Council

Property Ref: 28518



2 BEDROOMS
Accessible Category F
KILBRENNAN HOUSE, FINDHORN STREET, E14
 Flat • 2 Bed 4 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted • One week's advance rent required or the production of a completed housing benefit form at sign up

£145.23, Weekly - Social Rent
 Landlord: Poplar HARCA

Property Ref: 28525



2 BEDROOMS
Accessible Category D
BLACKWALL WAY, E14
 Flat • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • This is a fixed term tenancy of 5 years except for those currently holding a secure or assured social housing tenancy.

£166.43, Weekly - Social Rent
 Landlord: Swan Housing Association

Property Ref: 28514



2 BEDROOMS
Accessible Category F
CORFIELD STREET, E2
 Flat • 2 Bed 3 Person • 4th floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted

£114.37, Weekly - Social Rent
 Landlord: Tower Hamlets Council

Property Ref: 28509



2 BEDROOMS
Accessible Category F
BROCKWEIR, CYPRUS STREET, E2
 Flat • 2 Bed 4 Person • 7th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets not permitted

£116.04, Weekly - Social Rent
 Landlord: Southern Housing Group

Property Ref: 28523

For more detailed information about the following adverts please visit the Homeseekers website at www.thhs.org.uk

 2 BEDROOMS Accessible Category E MARY MACARTHUR HOUSE, WARLEY STREET, E2 Flat • 2 Bed 4 Person • 3rd floor • Separate kitchen • Two lifts • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted £114.28, Weekly - Social Rent Landlord: Tower Hamlets Council Property Ref: 28524	 2 BEDROOMS Accessible Category F ALZETTE HOUSE, MACE STREET, E2 Flat • 2 Bed 4 Person • 9th floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted £122.36, Weekly - Social Rent Landlord: Tower Hamlets Council Property Ref: 28554	 2 BEDROOMS Accessible Category F MODLING HOUSE, MACE STREET, E2 Flat • 2 Bed 4 Person • 1st floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted £119.66, Weekly - Social Rent Landlord: Tower Hamlets Council Property Ref: 28517	 2 BEDROOMS Accessible Category F CHAMBORD STREET, E2 House • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Separate Bathroom and W/C • GCH • Private garden • Pets permitted £116.85, Weekly - Social Rent Landlord: Tower Hamlets Council Property Ref: 28513	 2 BEDROOMS Accessible Category E JAMES HAMMETT HOUSE, RAVENSCROFT STREET, E2 Flat • 2 Bed 4 Person • 10th floor • Separate kitchen • Two lifts • Bathroom with W/C • GCH • No garden • Pets permitted £114.98, Weekly - Social Rent Landlord: Tower Hamlets Council Property Ref: 28549
 2 BEDROOMS Accessible Category F ADA HOUSE, ADA PLACE, E2 Flat • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Separate Bathroom and W/C • GCH • No garden • Residents parking scheme • Pets not permitted £133.75, Weekly - Social Rent Landlord: Tower Hamlets Community Housing Property Ref: 28531	 2 BEDROOMS Accessible Category F THOMAS HOLLYWOOD HOUSE, APPROACH ROAD, E2 Flat • 2 Bed 4 Person • 2nd floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted £139.19, Weekly - Social Rent Landlord: Tower Hamlets Council Property Ref: 28527	 2 BEDROOMS Accessible Category F MARK HOUSE, SEWARDSTONE ROAD, E2 Flat • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Separate Bathroom and W/C • GCH • Private garden • Pets permitted. £125.19, Weekly - Social Rent Landlord: Tower Hamlets Council Property Ref: 28502	 2 BEDROOMS Accessible Category F LEADENHAM COURT, SPANBY ROAD, E3 Flat • 2 Bed 4 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted £134.35, Weekly - Social Rent Landlord: Tower Hamlets Council Property Ref: 28526	 2 BEDROOMS Accessible Category F BERKELEY HOUSE, WELLINGTON WAY, E3 Flat • 2 Bed 4 Person • 11th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • Electric storage heater • No garden • Pets with landlords permission • Children must be aged 10 years or over Eligibility : Band 3 £137.14, Weekly - Social Rent Landlord: EastendHomes Property Ref: 28550
 3 BEDROOMS Accessible Category E HANBURY STREET, E1 Maisonette • 3 Bed 4 Person • 2nd floor • Separate kitchen • Two lifts • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted £133.90, Weekly - Social Rent Landlord: Tower Hamlets Council Property Ref: 28522	 3 BEDROOMS Accessible Category F MEYRICK HOUSE, BURGESS STREET, E14 Flat • 3 Bed 6 Person • 3rd floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Residents parking scheme • Pets permitted. One week's advance rent required or the production of a completed housing benefit form at sign up £146.65, Weekly - Social Rent Landlord: Poplar HARCA Property Ref: 28530	 3 BEDROOMS Accessible Category F BRIERLY GARDENS, E2 Flat • 3 Bed 6 Person • 1st floor • Separate kitchen • No Lift • Separate Bathroom and W/C • GCH • No garden • Pets permitted £130.24, Weekly - Social Rent Landlord: Tower Hamlets Council Property Ref: 28540	 4 BEDROOMS Accessible Category E LORDEN WALK, E2 House • 4 Bed 6 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Pets permitted £161.85, Weekly - Social Rent Landlord: Tower Hamlets Council Property Ref: 28521	 4 BEDROOMS Accessible Category F ROSEBERY HOUSE, SEWARDSTONE ROAD, E2 Flat • 4 Bed 6 Person • 1st floor • Separate kitchen • No Lift • Separate Bathroom and W/C • GCH • No garden • Pets permitted £145.12, Weekly - Social Rent Landlord: Tower Hamlets Council Property Ref: 28520
 5 BEDROOMS Accessible Category C KILLICK WAY, E1 Maisonette • 5 Bed 7 Person • Ground Floor • New build • Separate kitchen • No Lift • Entryphone • Bathroom with W/C and Additional W/C, Shower Room with W/C • GCH • Private garden • Car free home • Pets not permitted £175.96, Weekly - Social Rent Landlord: East Thames Group Property Ref: 28503	 5 BEDROOMS Accessible Category C KILLICK WAY, E1 Maisonette • 5 Bed 7 Person • Ground Floor • New build • Separate kitchen • No Lift • Entryphone • Bathroom with W/C and Additional W/C, Shower Room with W/C • GCH • Private garden • Car free home • Pets not permitted £175.96, Weekly - Social Rent Landlord: East Thames Group Property Ref: 28504	 5 BEDROOMS Accessible Category C KILLICK WAY, E1 Maisonette • 5 Bed 7 Person • Ground Floor • New build • Separate kitchen • No Lift • Entryphone • Bathroom with W/C and Additional W/C, Shower Room with W/C • GCH • Private garden • Car free home • Pets not permitted £175.96, Weekly - Social Rent Landlord: East Thames Group Property Ref: 28505	 5 BEDROOMS Accessible Category C KILLICK WAY, E1 Maisonette • 5 Bed 7 Person • Ground Floor • New build • Separate kitchen • No Lift • Entryphone • Bathroom with W/C and Additional W/C, Shower Room with W/C • GCH • Private garden • Car free home • Pets not permitted £175.96, Weekly - Social Rent Landlord: East Thames Group Property Ref: 28506	 5 BEDROOMS Accessible Category C KILLICK WAY, E1 Maisonette • 5 Bed 7 Person • Ground Floor • New build • Separate kitchen • No Lift • Entryphone • Bathroom with W/C and Additional W/C, Shower Room with W/C • GCH • Private garden • Car free home • Pets not permitted £175.96, Weekly - Social Rent Landlord: East Thames Group Property Ref: 28507

Reminder

Please respect people's privacy by not attempting to access advertised properties or knocking at neighbouring homes. This causes a nuisance and may distress some individuals.



1

Internet Bidding
– Just log on to
www.thhs.org.uk



2

Telephone Bidding
– Simply call
0845 270 2400

AFFORDABLE RENT PROPERTIES



AFFORDABLE RENT
Accessible Category G
ALBERT GARDENS, E1

Flat • 0 Bed 1 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • Check heating on viewing • No garden • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

£150.63, Weekly - Affordable Rent
Landlord: Circle 33 HA

Property Ref: 28536



AFFORDABLE RENT
Accessible Category F
BETTY MAY GRAY HOUSE, PIER STREET, E14

Flat • 0 Bed 1 Person • Ground Floor • Open plan kitchen • No Lift • Bathroom with W/C • GCH • No garden • Pets not permitted • Life Time.

£98.38, Weekly - Affordable Rent
Landlord: Gateway Housing Association

Property Ref: 28544



AFFORDABLE RENT
Accessible Category F
SHAW CRESCENT, E14

Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted • Life Time.

£155.51, Weekly - Affordable Rent
Landlord: Gateway Housing Association

Property Ref: 28539



AFFORDABLE RENT
Accessible Category F
RAYNERS TERRACE, CARR STREET, E14

Flat • 1 Bed 2 Person • 3rd floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted • Life Time.

£155.51, Weekly - Affordable Rent
Landlord: Gateway Housing Association

Property Ref: 28541



AFFORDABLE RENT
Accessible Category E
LIBRA ROAD, E3

Bungalow • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C, Wet room (walk in shower) • GCH • Private garden • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

£150.84, Weekly - Affordable Rent
Landlord: OLD FORD HA

Property Ref: 28547



AFFORDABLE RENT
Accessible Category G
BEALE ROAD, E3

Flat • 1 Bed 2 Person • 3rd floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

Eligibility : Min Client Age 50

£147.78, Weekly - Affordable Rent
Landlord: OLD FORD HA

Property Ref: 28546



AFFORDABLE RENT
Accessible Category F
JOSSILINE COURT, FORD ROAD, E3

Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

Eligibility : Min Client Age 50

£158.91, Weekly - Affordable Rent
Landlord: OLD FORD HA

Property Ref: 28515

Changes to Government policy mean that Housing Associations have been forced to charge higher rents on some properties. In addition not all tenancies will be tenancies for life.

Please note the rent level and length of tenancy offered on the following homes.

You are advised to check the Homeseekers website at www.thhs.org.uk for further information.

KEY CHANGES to the allocations scheme

On the 17th October we introduced some major changes to the Allocations Scheme which will affect everyone currently on, or applying to, the Tower Hamlets housing register.

Outlined below is a brief overview of some of the key changes to the Allocations Scheme and how you will be affected.

PRIORITY BANDS

We have reduced the Priority bands from four to three. Band 4 has now been removed and any applicants previously placed in this band have now been contacted and either removed from the housing register or re-banded (the majority of those removed were applicants living outside of the Borough).

All applicants with the exception of Emergencies will queue in Preference Date order within their Priority Band.

BAND 1 - This is split into 2 groups:

- Group A** - Emergency cases
Priority Decants with less than 1 year to the clearance date of their property.
Medical/Disability need for a Ground floor or Wheelchair Category A or B accessible property
Under occupiers
- Group B** - Extenuating social or medical awards
Decants
Priority Target Groups and armed forces personnel in urgent housing need

BAND 2 Overcrowded applicants
Homeless applicants

BAND 3 Households with no defined housing need

ELIGIBILITY CRITERIA

- Generally, those applying to the housing register must have a minimum 3 years' continuous residence in Tower Hamlets at the point of application

- An income threshold of £85,000 for single or joint applications has been introduced
- Homeowners are typically not eligible to join the register
- Persons found guilty of Anti-Social Behaviour will not be allowed to join the housing register

BIDDING

- A maximum of 3 bids will be allowed during each bidding cycle
- 'Real time' bid positions will be available at the time of bidding on the web or by phone
- A Browse Aloud option will be available for partially sighted applicants bidding on the web
- The option to bid by mobile phone has been introduced, please go to <https://m.thhs.org.uk>

OFFERS

- A maximum of 3 offers of housing will be made
- If more than 3 offers are refused the person's application will be demoted to the bottom of their Priority Band for a period of 12 months. Any subsequent refusal will result in a further 12 months' demotion
- Results of offers will be published and updated regularly on the Homeseekers website allowing you to see what Priority Band and Preference Date the successful bidders had.

For a full and updated explanation of the Tower Hamlets Allocations Scheme please see the link on the Homeseekers website thhs.org.uk

London Borough of Tower Hamlets

DOUBLE SHOP TO LET IN WATNEY MARKET E1

Please call
020 7364 4084



Get into

Are you 16-25, not in employment, education or training and living in Tower Hamlets? The Prince's Trust and GLL are offering a free two week programme for people who are interested in Lifeguarding.

Get into Life Guarding

ST GEORGE'S BUSINESS CONSULTANCY



We provide expert services in:

- Business Analysis
- Business Marketing Research
- Business Marketing Advice
- Project Management
- Drafting Business Plans & Public Relations
- Corporate Strategy

Your Future Business Expert Around the World!

ROOM 519, 101 Blackwall Way, Poplar, London E14 9QX
T: 075 4196 3975



Information you need to know:

- ◆ You can gain a national qualification (NPLQ) allowing you to work as a lifeguard.
- ◆ You will be guaranteed an interview with 'Greenwich Leisure Limited' following the programme.
- ◆ You will receive 6 months progression support with the Prince's Trust.
- ◆ Improve your teamwork, confidence, communication and employability skills.
- ◆ You must be a STRONG AND CONFIDENT swimmer.
- ◆ We will provide lunch and travel during the programme.

Interested?

To register your interest or for more information contact Mo Fatah on 07887 884 658 or email gilonon@princes-trust.org.uk

Alternatively you can text 'Lifeguarding' to 07887 884 658

Information Day - Tuesday 26th November 2013

Taster Day - Thursday 28th November 2013

Main Programme - Monday 2nd - Friday 13th December 2013.

You must attend both the information and taster days to gain a place on this programme.

LANDLORDS

achieve your **TARGET RENT...and**
we will guarantee it!!

Urgently Require All Properties / All Sizes

Start Rent Immediately

**FREE Property Refurbishment
& All Certifications**

*'We'll even throw
in the furnishings*



Please contact the Acquisition Team on

020 8980 3377

Calls may be recorded
for training and monitoring

hamletts.com
the property management company

236 ROMAN ROAD, LONDON E2 0RY : TELEPHONE: 020 8980 3377
FACSIMILE: 020 8980 9434 : EMAIL: INFO@HAMLETTS.COM

T&C Applies

INTRODUCTION TO SUPPORT WORK IN SCHOOLS

Are you interested in training to support children's learning in the classroom? Tower Hamlets Support for Learning Service in partnership with LBTH Skillsmatch offers a 16-week part-time Teaching Assistant course with work placements in schools.

To find out more, come along to one of the information sessions to be held on:

**Wednesday 4th December 2013
at 1:00pm or
Thursday 5th December 2013
at 10:00am
At Skillsmatch,
8 Heron Quays,
Canary Wharf,
London E14 4JB**

Ensure you arrive on time, as there will be no late admittance. The information sessions last for up to 2 hours.

At the session you will have the opportunity to complete an application form.

Applications cannot be sent out by post.

To qualify to attend a session you must:

- be a resident of Tower Hamlets
- over 18 years of age
- be available for the full 16-week course
- Must have minimum A – C GCSE English and Mathematics or level 2 equivalent

You do not have to be unemployed but preference is given to those who are. Please bring your CV and education certificates with you as this will help in completing the application form.

We are committed to safeguarding and promoting the welfare of children and young people and expect all learners to share this commitment. Successful applicants will need to undertake an enhanced disclosure (DBS) criminal record check.



Free Leadership Classes for Women

Do you want to gain the confidence and skills to be a leader in the community?



This 6 month leadership course will help you to:

- Develop your skills in English, IT and leadership
- Build your confidence
- Become more active in your local community
- Plan, develop and run your own community project

'Lead to Inspire' is a FREE course for newly arrived migrant women who have been in the UK for less than 10 years, do not have a UK or EU passport, and are on a visa leading to settlement.

We are enrolling new participants now! Please call 0207 780 3112 and ask to speak to Jessica or Sarah to find out more about how to register.

Migrant Women's Empowerment and Leadership Project
The Arbour Women's Services
Harford Centre (1st floor above GP surgery)
115 Harford Street | London E1 4FG
Tel: 0207 780 3112
Email: jessica@theharbour.org.uk



Supported by EIF



Mulberry

School for Girls

Richard Street, Commercial Road, London E1 2JP
T: 0207 790 6327 F: 020 7265 9882
headspa@mulberry.towerhamlets.sch.uk

The governors of this very successful and over-subscribed 11-18 girls' comprehensive school wish to appoint the following posts:

ACADEMIC MENTOR (FE)

All Year Round (35 hours per week)

Salary: NJC Scale 5, point 22 - £23,148 per annum

The post holder will identify appropriate support for targeted FE students, including the development of independent study skills, and monitor the impact of these interventions. They will also contribute to the development of the school ethos and culture.

The person appointed will work closely with the sixth form team to raise attainment and aspiration across the 6th Form cohort and be responsible for providing a comprehensive academic mentoring service.

The postholder will have a relevant professional qualification, degree (or equivalent) with successful experience of working with young people in a school, FE College or in another educational setting.

STUDENT LEARNING SUPPORT OFFICERS (2)

Term Time Only plus 2 weeks (35 hours per week)

Salary: NJC Scale 6, point 26 - £23,723 per annum

Reporting to the ICT & Curriculum Manager, the postholder will assist Heads of Faculty in overseeing the academic progress of students by providing progress and achievement data with recommendations for appropriate action. They will also be responsible for preparing and ensuring the efficient and effective use of resources for support staff and students.

The postholder will have a relevant professional qualification, degree (or equivalent) and have experience in a similar role.

PROFESSIONAL LEARNING ADMINISTRATOR

Term Time Only plus 2 weeks (35 hours per week)

Salary: NJC Scale 5, point 22 - £23,148 per annum

The postholder will be responsible for the co-ordination, administration, recruitment and evaluation of the impact of Mulberry School for Girls' comprehensive professional learning programmes and the work of the initial teacher education 'City Excellence in Teaching' cluster. They will also be responsible for all aspects of Mulberry's 'Teaching School' work.

Applicants should have a relevant professional qualification, degree (or equivalent) and have experience in a similar role.

STUDENT WELFARE & CAREERS/ADMISSIONS COORDINATOR

Term Time Only plus 1 week (35 hours per week)

Salary: NJC Scale 6, point 26 - £23,146 per annum

The postholder will be responsible for coordinating the FE admissions activities, including UCAS applications, and careers related information advice and guidance, with responsibility for the organisation and running of appropriate careers programmes, arranging work experience and other associated activities and events.

They will provide comprehensive administrative support and be responsible for improving attendance through monitoring attendance and implementing appropriate interventions.

The postholder will have a relevant professional qualification, degree (or equivalent) and have at least one year's experience in a similar role.

ICT & CURRICULUM MANAGER

All Year Round (35 hours per week)

Salary: NJC Scale PO3, point 38 - £35,406 per annum

The postholder will lead the effective development, review and maintenance of the school's ICT and Learning Resources functions including Curriculum Administration and the library, ensuring that these support functions are effectively administered and integrated to deliver the School's strategic aims and objectives.

LEARNING RESOURCES MENTOR (FE LIBRARY)

Term Time Only (35 hours per week)

Salary: NJC Scale 5, point 22 - £19,912 per annum

The postholder will be responsible for coaching and mentoring FE students in order to enrich their learning. They will support FE students to access a broad range of learning resources, assisting in the development of their learning and research skills and identification of further educational opportunities.

They will manage the FE library provision, providing a broad range of learning resources to FE students.

The postholder will have a relevant professional qualification, degree (or equivalent) with successful experience of working with young people in a school, FE College or in another educational setting.

SCIENCE TECHNICIAN

All Year Round (35 hours per week)

Salary: NJC Scale 5, point 22 - £23,148 per annum

The postholder will be responsible for providing technical support throughout the Science department in the differing specialities of the subject, with a main speciality in chemistry. Other responsibilities will include the maintenance schedules of all equipment and regular restocking of classrooms.

They will be expected to deputise in the absence of the Senior Science Technician.

Applicants should have knowledge of COSHH, relevant Science or Technician qualifications and previous experience of working in a Science department or commercial laboratory.

Further details and an application form are available from the Headteacher's Executive Assistant at the school.

Deadline: Monday 2nd December 2013 (noon)

www.mulberry.towerhamlets.sch.uk



**Bonner School
(Bethnal Green)**
Stainsbury Street
Bethnal Green
London E2 0NF



**Bonner School
(Mile End)**
English Street
Bethnal Green
London E2 4TA

Tel: 020 8980 1004 | Email: pcoulson@bonner.towerhamlets.sch.uk

Nursery Nurse required

From January 2014

We are looking to appoint a Nursery Nurse to join our friendly Early Years team in our new Nursery at Bonner School Mile End.

The governors are seeking to appoint an excellent candidate to the above post;

We are looking for someone who;

- Enjoys working with children
- Has Level 3 or equivalent qualification in early years education/childcare
- Has GCSE at A-C in English and Maths
- Is reliable with an excellent attendance record
- Is committed to teamwork and working in partnership with the whole school community

We can offer;

- A welcoming, inclusive, highly successful school community
- A skills-based, exciting curriculum
- An induction programme and excellent professional development opportunities

The school is committed to safeguarding and promoting the welfare of children and expects all staff and volunteers to share this commitment.

The successful candidates will require an enhanced CRB clearance.

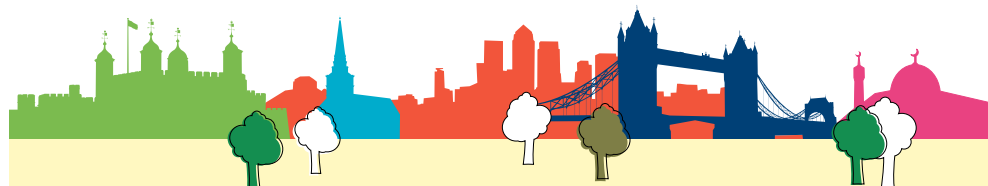
For an application pack please contact Paulette Coulson (Business Manager) at the address above.

Closing date: 29th November
Interviews will be held on 5th December

Career Opportunities



All boroughs are unique. Many are vibrant and multicultural. Some have a rich historical background. Others have a modern edge. Tower Hamlets is all of these - it's got the TH buzz that's felt by those who live and work here...



Children's Independent Reviewing Officer x2 £42,681 - £45,360

Education, Social Care and Wellbeing Directorate

Ref: ESW00185

Closing date: 01.12.2013

Plus recruitment and retention allowance of £2,709 per annum

For more information and to apply for these and other career opportunities, please visit the Tower Hamlets website.

www.towerhamlets.gov.uk/careers

We shall ensure fairness and equal opportunities throughout our workforce and in service delivery. We welcome applications from suitably skilled candidates regardless of ethnicity, gender, disability, sexuality, religion or age.



To place your advert in East End Life, call...

Chris on 7364 4994 | Fatima on 7364 4623
Terri on 7364 4682 | Sharan on 7364 4061

Mayor of Tower Hamlets Apprenticeship Scheme



LUTFUR RAHMAN | MAYOR OF TOWER HAMLETS

LIVE JOBS AVAILABLE!

Global Digital Media	Digital Marketing Apprentice
Sterling De Vere	Digital Marketing Apprentice Customer Service Apprentice Business Administration Apprentice
Cayley Primary School	IT Technician Apprentice
Assistive Solutions	Customer Service Apprentice
Argun Print	Creative and Digital Media Apprentice
Elevate	Financial Service Apprentice Customer Service Apprentice
Prospect Aware	Business Administration Apprentice

Exciting Apprenticeship Opportunities with Agilisys working in partnership with the London Borough of Tower Hamlets

Entry Criteria:

To qualify for this opportunity you must meet all of the following criteria:

- Be a resident of LB of Tower Hamlets
- Be a UK resident or have held residency for at least 3 years
- Do not hold a Degree or have any other Level 4 qualification

Apprenticeships offer:

- Full time employment for a minimum of 12 months
- Salary at the **London Living Wage**
- Paid Annual leave (minimum of 20 days)
- Level 2 or Level 3 accredited qualification
- Practical work experience

How to apply:

- Visit our website www.archapprentices.co.uk and apply for a job that interests you under the Apprentice Jobs section.
- Read the job description and then click on the **APPLY** button

For further information visit www.archapprentices.co.uk or follow us on **Twitter@ArchApprentices** or contact us on **020 8080 6482** or via email on careers@archapprentices.co.uk



We are recruiting now for a number of job roles to start immediately, please visit our website www.archapprentices.co.uk to find out more or call us on 0208 080 6482.

Play Worker Required

Play Worker required to provide respite to a family at home and in community. We are looking for a responsible, reliable, hardworking and friendly person to work with a lively, happy and playful 9-year old child with disabilities. Example tasks you will do with the child include play, going to the park, arts and crafts etc.

**Hourly rate is £11.08 for 5 hours a week.
Working times to be agreed.**

To download an application pack go to **www.real.org.uk/SY101**
Or write to: Shazia Younis, Real, Jack Dash House,
2 Lawn House Close, London E14 9YQ
Please quote job reference SY101 in all correspondence.
Closing date: Monday 9th December 2013 at 5pm.

PERSONAL SUPPORT WORKER REQUIRED

Required by physically disabled woman to carry out household tasks. Poplar area.

**£8.50 per hour for 3 hours a week
Experience necessary.**

You can download the application pack from **www.real.org.uk/AW104** or write to Angela Wareham (ref. AW104), Real, 1st Floor Jack Dash House,
2 Lawn House Close, London, E14 9YQ

Closing date: 5pm Monday 2 December 2013

Interviews: To be arranged

PART - TIME RESIDENT LIAISON OFFICER

**Robert
Heath**

Salary - £15,000 per annum | 25 Hours per week

Robert Heath Heating Ltd is looking to recruit a Part Time Resident Liaison Officer to work on the administration of the heating service and maintenance contracts for Spitalfields Housing Association, North London Muslim Housing Association and Providence Row Housing Association.

The position involves communication with the residents of the three associations and it is therefore desirable that the candidate is a Bengali or Turkish speaker.

The Resident Liaison Officer will be employed by Robert Heath Heating Ltd but will work from the offices of North London Muslim Housing Association in Theydon Road, Upper Clapton, London E5.

The role will involve answering calls, planning engineers' visits and dealing with any queries or complaints which may arise. Full support will be received from the admin teams based within Spitalfields HA office in Quaker Street E1, and at the Robert Heath Heating offices in New Malden, Surrey, and monthly visits to New Malden will be required.

Full training in all aspects of administering a gas contract will be provided, including use of the Robert Heath IT systems, so basic computer skills are essential. A clean driving license is also preferred as the role may involve limited use of a shared company vehicle.

**To apply please download an application form from
www.robertheath.co.uk/RLO.**

**Applications must be received by Robert Heath by close
of play on Friday 29th November 2013.**

Interviews will be held on Monday 09th December 2013.

Interviews will be held at the Spitalfield Housing's Quaker Street offices and a panel comprising RHH and Spitalfields personnel will jointly make the recruitment decision.

**For further information please contact
Saleh Ahmed Ali on 020 7247 6744.**

ROBERT HEATH HEATING LTD IS AN EQUAL OPPORTUNITY EMPLOYER



Get into

**SEE PRINCE'S TRUST
EXCITING OPPORTUNITY
ON PAGE 32**

Public notices

PUBLIC NOTICE

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULA- TION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – CANROBERT STREET AND WINKLEY STREET E2

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets proposes to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding on the length of carriageway at the junction of Canrobert Street and Winkley Street.

The restriction on vehicular traffic will enable essential works to be carried out on the public highway by LBTH.

The alternative routes for vehicular traffic will be via Canrobert Street, Teesdale Street and Old Bethnal Green Road and vice versa or Winkley Street, Temple Street, Old Bethnal Green Road and Teesdale Street.

The restriction on vehicular traffic will operate from Monday 2nd December 2013 until Friday 6th December 2013 and at times when temporary traffic signs are placed on the public highway pursuant to The Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the above traffic restriction to Emdad Ahmed, Highways Asset Management Officer, on 020 7364 6707 or email, emdad.ahmed@towerhamlets.gov.uk

Dated: 18th November 2013

**JAMIE BLAKE
SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG**

PUBLIC NOTICE

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULA- TION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBI- TION OF TRAFFIC – SALTER STREET E14

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets proposes to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway in Salter Street for a distance of approximately 70 metres to the northern-most end of Salter Street from its junction with Trinidad Street;

The restriction on vehicular traffic will enable essential works to be carried out on the public highway by Optimise Thames Water.

The alternative route for vehicular traffic will be via Westferry Road and West India Dock Road.

The restriction on vehicular traffic will operate from Monday 9th December 2013 until Friday 20th December 2013 and at times when temporary traffic signs are placed on the public highway pursuant to The Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the above traffic restriction to John Parsons, Street Works Liaison Officer, Transport and Highways on 020 7364 6680 or email, john.parsons@towerhamlets.gov.uk

Dated: 18th November 2013

**JAMIE BLAKE
SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG**

PUBLIC NOTICE

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULA- TION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBI- TION OF TRAFFIC – OLD CASTLE STREET E1

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets having consulted with Transport for London, proposes to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway in Old Castle Street for a distance of approximately 100 metres between its junction with Wentworth Street and its junction with Pomell Way.

The restriction on vehicular traffic will enable a new supply to a development property to be carried out on the public highway by UK Power Network.

There are no alternative routes for vehicular traffic as the road closure will only be in operation during the markets period from Monday to Friday.

The restriction on vehicular traffic will operate from Monday 2nd December 2013 to Friday 20th December 2013 and at times when temporary traffic signs are placed on the public highway pursuant to The Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the above traffic restriction to Charlie Harrison, Network Coordinator, Transport and Highways on 020 7364 6671 or email, char

lie.harrison@towerhamlets.gov.uk

Dated: 18th November 2013

**JAMIE BLAKE
SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG**

PUBLIC NOTICE

LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULA- TION ACT 1984 - SECTION 16A

TEMPORARY PROHIBI- TION OF TRAFFIC – 10 KM CHARITY “SANTA” FUN RUN IN VICTORIA PARK ORDER 2013

NOTICE IS HEREBY GIVEN that the Council of the London Borough of Tower Hamlets, with the agreement of the London Borough of Hackney, made the above-mentioned Order under Section 16A of the Road Traffic Regulation Act 1984 (as amended by Special Events Act 1994). The effect of the Order will be to prohibit vehicular traffic from entering, stopping or proceeding in Grove Road between its junction with Wetherell Road and its junction with Old Ford Road from 09.00 hours until 13.30 hours.

There will be no restriction for residents and businesses wishing to access the streets of Wetherell Street, Gore Road, Morpeth Road, Connor Close and Rutland Road.

The restriction on vehicular traffic will enable the “10 KM CHARITY SANTA RUN” to take place on the public highway and in Victoria Park.

Access will be provided for Police, Fire and Ambulance vehicles in an emergency or access may also be provided with the permission of a Police Officer in uniform.

The Order will operate on Sunday 8th December 2013 when temporary traffic signs and cones are placed on the public highway.

If you require any further details please contact Alison Denning, Festival and Events Officer on 0207 364 7907 or e-mail alison.denning@towerhamlets.gov.uk

Dated: 2nd December 2013

**JAMIE BLAKE
SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG**

PUBLIC NOTICE

SPECIAL TREATMENT LICENCE

NOTICE IS GIVEN THAT Tam

Thanh Nguyen has applied to London Borough of Tower Hamlets for, manicure, pedicure, nail extensions, waxing & massage treatments.

License(s) for the Premises: Orchid Gorgeous Nails, 51 Commercial Street, London E1 6BD

Anyone wishing to oppose the application must give notice in writing to: David Tolley, Environmental Health Commercial Service Manager, Mulberry Place, 5 Clove Crescent, London E14 1BY Within three weeks, specifying the grounds of opposition.

Persons objecting to the grant of a licence must be prepared to attend in person at a hearing before a Committee of the Council.

PUBLIC NOTICE

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULA- TION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – DEVONPORT STREET E1

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets made an Order, which will continue in force to prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway in Devonport Street (under the railway bridge) for a distance of approximately 20 metres in the northern direction from its junction with Barnardo Street.

The restriction on vehicular traffic will enable essential Steel works repairs to be carried out on the public highway by J Murphy & Sons.

The alternative routes will be via Devonport Street, Havering Street and Barnardo Street and vice versa or Cable Street, Cannon Street Road, Commercial Road and Devonport Street.

The restriction on vehicular traffic will continue to operate from Saturday 16th November 2013 until Friday 20th December 2013 and at times when temporary traffic signs are placed on the public highway pursuant to The Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the above traffic restriction to Mick Jameson, Street Works Liaison Officer, Transport and Highways on 020 7364 6717 or email, mick.jameson@towerhamlets.gov.uk

Dated: 18th November 2013

**JAMIE BLAKE
SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BE**

LONDON BOROUGH OF TOWER HAMLETS

PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990, SECTIONS 10, 67 AND 73

APPLICATIONS FOR LISTED BUILDING CONSENT AND APPLICATIONS FOR DEVELOPMENT WHICH WOULD IN THE OPINION OF THE LOCAL PLANNING AUTHORITY AFFECT THE CHARACTER OR APPEARANCE OF AN AREA DESIGNATED AS A CONSERVATION AREA OR WOULD AFFECT THE SETTING OF A LISTED BUILDING.

NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER HAMLETS IS CONSIDERING THE FOLLOWING APPLICATIONS:

67 Philpot Street, London, E1 2JH **PA/13/2509/KHA**
Change of use from office (B1) to residential (C3) and associated works

67 Philpot Street, London, E1 2JH **PA/13/2556/KHA**
Proposed internal & external refurbishment works

69 Philpot Street, London, E1 2JH **PA/13/2510/KHA**
Proposed internal & external refurbishment works comprising: removal of existing plasterboard wall and door at lower ground level, new plasterboard wall and door at lower ground floor level and erection of timber decking in rear garden.

Flat 12, Gwynne House, Turner Street, London, E1 2AG **PA/13/2463/MCH**
To replace single glazed wood-frame windows (x2) at rear of property with double-glazed UPVC-frame windows

69 Philpot Street, London, E1 2JH **PA/13/2510/KHA**
Proposed internal & external refurbishment works comprising: removal of existing plasterboard wall and door at lower ground level, new plasterboard wall and door at lower ground floor level and erection of timber decking in rear garden.

31-33 Shacklewell Street, London, E2 7EG **PA/13/2485/SHT**
Change of use from live /work to residential

136 Columbia Road, London, E2 7RG **PA/13/2502/SHT**
To partially infill the existing alleyway at the end of the existing side return with a one storey extension and to replace the existing lightweight conservatory construction with solid walls and roof.

Car Park, Cygnet Street, London, **PA/13/2529/KHA**
Erection of a building up to six storeys to provide basement gym, ground floor commercial (Use Classes A1, A2, A3 and B1) and 39 dwellings above.

Costa Coffee, Exchange Building, 132 Commercial Street, London **PA/13/2551/SHT**
x2 umbra grey aluminium fascia trays with x1 set of internally illuminated individual Costa letters fitted to face of each x1 umbra grey aluminium fascia tray x2 600mm dia internally illuminated Costa Metro projecting sign

Flat 70, Gun Place, 86 Wapping Lane, London, E1W 2RX **PA/13/2587/SHT**
Conversion and refurbishment of the seventh and eighth floors to a three bedroom residential apartment.
Works include: minor internal alterations to both floors, modifications to the elevation to optimise the access and use of the private terrace area and additional roof lights

120 Cadogan Terrace, London, E9 5HP **PA/13/2592/AHO**
Replacement of existing windows with double glazed sash windows on front and rear facades; excavation of part of the front garden to create a sunken patio/storage area for bicycles and bins; two storey rear extension at ground and lower ground levels to create new kitchen, living, dining and conservatory spaces; and internal alterations.

638 Commercial Road, London **PA/13/2581/SBU**
Listed Building Consent for the conversion and erection of existing vacant building to provide lecturing/study rooms with canteen in the ground floor, lecturing/study kitchen in the basement at front part of the basement and the rear basement to be extended and converted into gym, laundry rooms and 67no student accommodation units on upper floors.

Commodity Quay, East Smithfield, London **PA/13/2563/MCH**
Changes to the existing quay level facade of commodity quay.

579 Roman Road, London, E3 5EL **PA/13/2571/AHO**
Development of mansard roof structure above existing 1st floor flat to create an additional 1 bed residential unit

The Whitechapel Centre, 85 Myrdle Street, London, E1 1HL **PA/13/2422 & 2423/BEE**
Proposed Smoking Shelter/Shisha Cafe on rooftop

50 Redchurch Street, London **PA/13/2540/SHT**
Proposing to create a flexible use class through addition of use class of A1 (retail) to existing use class D2 (art gallery)

37 Heneage Street, London **PA/13/2597/AWA**
Single storey extension on the second floor terrace area to provide two additional bedrooms

259 Whitechapel Road, London, E1 1DB **PA/13/2506/LAB**
Application for a hanging sign

52-54 East India Dock Road E14 **PA/13/2645 & 2646/AE**
1. Internal remodelling of 52 East India Dock Road to create 3 no. Flats, replacing existing communal facilities and office spaces for a culturally specific class C2 building based at 54 East India Dock Road.
2. The erection of a one storey extension to no. 54, to reprovide a creche that was located within the space of no. 52.

The following are householder applications and in the event of an appeal against a refusal of planning permission, which is to be dealt with on the basis of representations in writing, any representations made about these applications will be sent to the secretary of state, and there will be no further opportunity to comment at appeal stage.

55 Driffield Road, London, E3 5NE **PA/13/2598/LAB**
Construction of lower ground floor side extension & first floor rear extension.

41 Kenilworth Road, London, E3 5RH **PA/13/2599/SHA**
Erection of two storey rear extension and single storey side extension.

Copies of the applications and plans may be inspected between the hours of 9am-5pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at www.towerhamlets.gov.uk. If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 21 days from the date of publication of this notice to the Development Control Manager at the above address.

Dated: 18th November 2013

OWEN WHALLEY
Head of Planning and Building Control



LONDON BOROUGH OF TOWER HAMLETS TOWN & COUNTRY PLANNING ACT 1990

MAJOR APPLICATIONS UNDER ARTICLE 13(4)) OF THE TOWN AND COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE) ORDER 2010 AND OTHER SIGNIFICANT APPLICATIONS.

NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER HAMLETS IS CONSIDERING THE FOLLOWING APPLICATIONS:

Car Park, Cygnet Street, London, **PA/13/2529/KHA**
Erection of a building up to six storeys to provide basement gym, ground floor commercial (Use Classes A1, A2, A3 and B1) and 39 dwellings above.

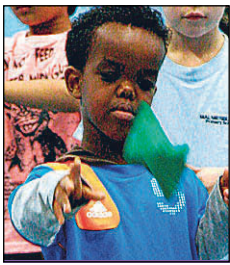
Copies of the applications and plans may be inspected between the hours of 9am-5pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at www.towerhamlets.gov.uk. If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 14 days from the date of publication of this notice to the Development Control Manager at the above address.

Dated 18th November 2013

OWEN WHALLEY
HEAD OF PLANNING & BUILDING CONTROL





Youngsters get all sporty

Ibrahim, left, a year 4 pupil at Malmesbury Primary School, Bow, scores full marks in the beanbag throw during the Paralympic Sports Festival East London staged in neighbouring Newham.

SEE BELOW

Trio in the final

Repton Boxing Club trio, James Branch, Harvey Horn and Sunny Edwards, have reached the NABC finals.

SEE PAGE 38

Sport

Leisure centres

John Orwell Sports Centre
Tench Street, Wapping, E1W.
7488 9421

Langdon Park Leisure Centre
35 Byron Street, Poplar, E14
SHOKK Youth Fitness Centre.
7987 3575

Mile End Park Leisure Centre
190 Burdett Road, E3.
8709 4420

Mile End Park Stadium
Rhodeswell Road, Poplar, E14.
8980 1885

St George's Pools
221 The Highway, Wapping E1W.
7709 9714

Tiller Leisure Centre
Tiller Road, Isle of Dogs, E14.
7987 5211

Whitechapel Sports Centre
55 Durward Street,
Whitechapel, E1.
7247 7538

York Hall Leisure Centre
5-15 Old Ford Road, Bethnal
Green, E2.
8980 2243

Sport

Back to netball
Weekly sessions. £1.10. Tues,
6pm. John Orwell Sports
Centre, Tench Street, E1W.
07914 685261

Cricket coaching
Under-11s and U13s – Weds,
4-5.30pm; U16s – Tues, 4.30-
6pm; 16+ – Thurs 5-8pm.
Dockland Settlements,
197 East Ferry Road, E14.

Berner Football Academy
Under-12s, part of TH Youth
League. Matches on Sat, train



A Millwall rugby game in the shadow of Canary Wharf

on Sun. Christian Street Ball
Court, Berner Estate, E1.
07960 434110

Multi Sports
Every Sat, 2-5pm. For ages
11-19. George Green's School,
100 Manchester Road, E14.
7987 6032

Football training
Sat, 9-11am for boys and
girls aged 5-11, Mulberry School
for Girls, Richard Street, E1; 12-
1pm for ages 3-5. St Patrick's
School, Dundee Street, E1W.
07956 095218

Kibondo
Martial art for age 6 and over.
Mons, 6.30-8pm. Fri, 6.30-
7.30pm, children; 8-9pm, adults.
£3.50 adults, £2.50 children, first
lesson free. Teviot Centre,
Wyves Street, E14.
07956 428654

Kickboxing and self-defence
£5 per class. Suns, 1pm;
Tues, 7pm (women only).
Whitechapel Sports Centre,
Durward Street, E1.
07952 872362

Kung fu
Wong Shun Leung system of
ving tsun. Weds, 8-9pm. £7,
adults only (kids classes soon).
St John's Church Hall, 200
Cambridge Heath Road, E2.
07930 609379

Kung fu and self-defence
Mon, 7.30-9pm. 2nd floor,
56-60 Nelson Street, E1.
07947 126852

Kung fu fitness
Mons 7-9pm. Bryant Street
Methodist Centre, Stratford, E15.
07950 637345

Muay Thai for women
KO London, 186 The Arches,
Globe Road, E2. Sat 3-4.15 £7

concs, £9 waged.
7265 9693

Table Tennis Club
Every Sat, 10am-12pm. For ages
11-19. George Green's School,
100 Manchester Road, E14.
7987 6032

Taekwondo classes
Taster class £5 for adults,
£3 for ages five to 14. Normal
price £50/£40 per month.
Easy Studio, 60-64 Kingsland
Road, E2.
7033 4660

Rugby – men, women, youths
Millwall Rugby Club. Suns,
10.30am-12noon (youth);
Mons, 7.30-9pm (adults);
Weds, 7.30-9pm (men);
Thurs. 6.30-7.30pm (boys
aged 7-17); Thurs, 7.30-9pm
(women all ages).
07963 5833655

Netball
Arbour Netball Club train at
the Parkside Leisure Centre at
Mulberry School, Commercial
Road, E1 every Monday night.
01277 811772

Sun kune do
Mons, 7-8.15pm. Adults £4.50,
ages 10-16, £3.50.
Lifra Hall, 7 Halley Street, E1.

Tiller Runners
Women's running group,
suitable for all abilities. £1.10
per session. Mon, 6.30pm.
Meet at Tiller Leisure Centre,
Tiller Road, E14.
7987 5211

Women's football
Train with East London Ladies
FC at Whitechapel Sports
Centre, Durward Street, E1.
Mon, 8-9pm, ages 16+. Free.
www.eastlondonladiesfc.co.uk

Women's running
Network Group. Weds, 6.30pm.
Mile End Stadium, Rhodeswell
Road, E14.
07958 368070

Women's self-defence
Mons, 7-8.15pm, £5 adults/
£3.50 children. John Orwell
Sports Centre, Tench Street, E1.
07949 597965

Email listings to [eastendlife.
news@towerhamlets.gov.uk](mailto:eastendlife.news@towerhamlets.gov.uk)



Four pupils from Malmesbury Primary School, showing off their medals

Future starlets turn the clock back to 2012

BY PETER FAULKNER

LAST year's Paralympic Games gave the nation a glimpse of how athletes have overcome their disabilities to become world beaters.

Well, now meet tomorrow's paralympic stars – the youngsters from primary schools in Tower Hamlets who took part in their own mini-Olympic event, the Paralympic Sports Festival East London.

Supported by Tower Hamlets Youth Sport Foundation, 11 schools from Tower Hamlets made the trip to the indoor athletics centre in Newham, making up over half of all of the participants on the day.

Organised by Cumberland School Sport Partnership, pupils from schools in Havering, Bexley and Newham also took part in the event.

Year 8 Cumberland School sports leaders provided impressive leadership and coaching for the pupils who took part in a variety of disability sport activities.

These included athletics, boccia, polybat, seated volleyball, archery, target throw, football and parachute games.

After lunch, the excitement and enthusiasm reached fever pitch as pupils took part in relay races on the indoor track.

On what was an inspiring day, full of energy and sporting achievement, all of the pupils seemed ecstatic to leave the arena with medals for their endeavours.

For more information about disability sport in Tower Hamlets contact the Youth Sport Foundation on 7987 4811 ext 358 or email Ollie.moss.ssp@gmail.com

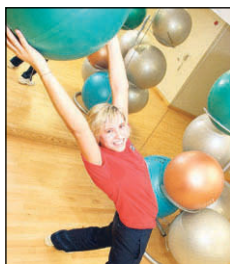


Joe from St Peter's Dock Primary School in the relay

Alfie hits six

Alfie Wren scored six goals for Albert Royals in a 7-6 win over Springfield in the Community Football League.

SEE PAGE 39



Get fit and have fun

To find out more about the wide range of healthy and enjoyable events and activities available at the borough's leisure centres go to your local centre or visit...

WWW.GLL.ORG

Sport

McNess grabs a gold medal as Branch leads title chase

BY PETER FAULKNER

SAM McNess, the stylish Repton junior, is the club's latest golden boy after he won a gold medal boxing for Great Britain.

And it climaxed a great week for the Bethnal Green club, who also had five boxers marching on in the NABC championships.

Welterweight McNess was part of the team competing in the Golden Gong tournament in Macedonia and he proved to be one of the stars of the competition.

In the semi-finals McNess easily outpointed Kosovo's Arian Gachi, but faced a bigger test in the final when he was up against local hero Bojan Risteski.

But McNess rose to the occasion and although his opponent tried to outpunch and outwit the east Londoner, McNess stood tall and punched his way to a points decision.

Meanwhile Repton's young stars were competing in the NABC championships at Cam-

berley, Surrey, and the club now has five boxers on the verge of national titles.

The fabulous five – Jamie Branch, Sunny Edwards, Kwako Sarpong, Harvey Horn and Joe Kelleher – all fought in the quarter final stage.

Sarpong and Kelleher go through to the semi-finals at Newbury on November 24 while the other trio have all received byes into the final.

The Class A finals are at the Irish Centre, Leeds, on Sunday December 9, the Class B finals take place at Kings Hall, Stoke, on December 6 while the Class C event is at Leas Cliffs Hall, Folkestone on December 7.

Horn (Class B 48kg) and Edwards (Class A 46kg) both received byes at the quarter-finals in Surrey while Jordan Flynn's title bid ended when he had to withdraw through illness.

Contest of the day was undoubtedly the last one when Branch came face to face with Charlie Easterwood of Epsom in the 85kg Class B contest, a much-awaited clash of the two



James Branch

reigning champions.

Branch had to contend with Eastwood's Raging Bull style in the opening round as the South Londoner went all out to secure a quick win.

But Branch then dictated the contest until the final bell and got a deserved decision. It was a classic contest and full credit to Eastwood for giving his all.

Sarpong was a comfortable winner in the Class C 63kg division and hardly got out of first gear as he dominated the contest from start to finish.

Not so easy was Joe Kelleher's contest against Sean Phillips (Fisher). He eventually won on a majority points decision but was pressed all the way by a game opponent

■ KEVIN Mitchell, whose form has been revitalised after being almost wrecked by defeat last year, will be involved in another title fight on the Matchroom boxing show at the ExCel Arena on December 14.

Mitchell hopes for an early Christmas present when he defends his IBF Inter-Continental lightweight title against Brunet Zamora - a stepping stone to a second shot at a World title.

Victory over the Italian, ranked one place higher than Mitchell at number eight, would move the popular Londoner into striking distance of landing that world chance in 2014 with current champ Miguel Vasquez.

■ YORK Hall, Bethnal Green is recognised as the home of amateur and professional boxing, but the venue is set for another place in boxing history on November 30.

Marianne Marston, the rising east London golden girl will feature in one of the main events, but it is the concept of the show that is going to be unique to fight fans.

Joint promoters Dave Murphy and Acourtier Events are putting on the first extreme combat event that will feature professional boxing, Thai boxing, Muay Thai and K1 all on the same bill - the first time this has happened in Britain.

They are billing it as Warzone Xtreme Combat and for boxing fans there are two key fights.

The first is Marianne Marston's World Boxing Union European bantamweight title challenge against Bulgaria's Galina Gumliisk.

The second will be Mark Prince's challenge for the WBU Europe cruiserweight crown.

Lions double keeps title charge going

ADRIEN Sturt bagged 29 points as London Lions won the first of their weekend matches 94-69 at Birmingham Knights to move up to fourth in the league.

It left Knights without a win so far this season and continues Lions' revival. Health margins in the first and third quarters contributed to their victory.

London scored the first four points of the match and gradually built their lead during a dominant first quarter.

Two Sturt free throws gave the visitors a 12-2 lead which they pushed out to 26-10 before a two by Knights' Ryan Lewis completed the scoring.

The Lions lead rose to 46-26 on a three by Sturt and a Freer triple to earn a 52-35 lead at half-time.

However, two free throws by Brent Benson trimmed the gap slightly for the home team.

The Knights reduced the Lions' lead even further to 52-43 on a Lewis two but for the rest of the third quarter it was London who were on top.

A scoreless stretch of nearly four minutes destroyed any hopes of a Knights comeback as Lions pulled away to lead 72-49 with 10 minutes to play.

Cheshire Phoenix 76

London Lions 86

LIONS travelled to Cheshire Phoenix 24 hours later and won again with Nick Freer top scoring with 20 points.

London had notched seven points before Cheshire troubled the scorers but by the end of the quarter the match had swung back the Lions' way as the visitors were 21-17 in front.

Lions new boy Freer got a three to start the second quarter and at the start of The second quarter Vic Macauley's team were ahead 34-18.

Lions led 42-31 at half-time before Ben Smith extended that to 35-52 and went into the final quarter leading 51-61 and were never troubled.

Sport in brief

Ice rink returns

CANARY Wharf's popular ice rink is back and will run for 16 weeks until February 16th.

Whether you're going with children or friends, as a solo skater or with an office party, everyone is welcome.

Open seven days a week, except Christmas Day, visit icerinkcanarywharf.com

Guest speaker

PAUL Smith, head of City delivery at England Rugby 2015, was due to be guest speaker at the University of East London on Friday, November 15 talking about how the sport brings challenges to events and delivery.

Young Sharks get their rewards

BETHNAL Green Sharks Swimming Club held its annual presentation night celebrating the success of its swimmers over the past year.

Most improved female awards went to: Agni Hatzakis, Melissa Eloudin, Tahlia Deaner, Chloe Newman, Kaia Cudmore, Amy Kavanagh, Raya Uzonova and Courtney Bilbrough; most improved males were: Abdul Bakkali-Taheri, Kai Ogden, Stan Greenleaf, Deniz Dervisoglu, Christopher Houlihan, Jak Byrne, Samuel Collins and Carl Fofie.

The most outstanding awards went to Brid Cudmore and



The young Bethnal Green Sharks with their awards

Gabriel Miltenoff, both of whom have had great success in winning medals at county and regional.

The celebration didn't end

there, Two winners of the most improved awards excelled again at the Erith and Dartford Open.

Amy Kavanagh, 13, swam well and claimed two fourth places

in the 50m and 200m breaststroke, while Kaia Cudmore, 10, won two silver medals for the 200m individual medley and 100m freestyle



Miles moves up the rankings

Miles Mercury, left, with his father Michael, will move up the tennis rankings after winning the Totteridge Open and now hopes his career will start to take off.

SEE PAGE 40

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Do you have a sports club you would like to be included in our listings? If so email the details to...

EASTENDLIFE.NEWS@TOWERHAMLETS.GOV.UK

Sport

Stuart strikes gold to end on a high note

BY PETER FAULKNER

THREE weeks ago Stuart Lee had to pull out of a karate contest for England after suffering damaged ribs.

Turn the clock forward and suddenly 17-year-old Stuart is fulfilling his promise in real style.

He travelled to Belgium to compete in the annual Youth Championships for 16-18-year-olds and took the competition by storm.

He not only became Belgian lightweight champion, but he destroyed all five opponents on his way to the championship.

However this competition will be his last fighting as a junior because he turns 18 at the end of November and will immediately be fighting seasoned men.

Stuart, a member of the Bethnal Green Karate Club, won by Ippon in his first two

contests in Belgium meaning his opponents were not fit to carry on.

He then proceeded to defeat two opponents by a decision before winning the final in excellent fashion.

The Bethnal Green club, where Stuart and his brother Nicholas are trained by former international, Graham Warden, has just moved back to original dojo at The Glasshouse, Old Ford Road, Bethnal Green and welcome new members.

Graham began training in 1974 at Stratford dojo and later under Billy Walsh at Bethnal Green.

He is a passionate instructor in the art of knockdown fighting and was promoted to sixth dan in 2011.

If you are interested in taking up the kyokushin style of karate contact Amanda on 07779 603 529 or email admin@bethnalgreenkarateclub.com



Stuart and younger brother Nicholas

Lord strikes late to clinch victory

Hockey

EAST London's first team scored a fine 3-2 win over Bedford with a late Adam Lord strike.

Captain Adam Willoughby put East London ahead before Bedford equalised shortly after. Guy Perkins then put the home side ahead only to see Bedford snatch another equaliser.

Ten minutes from time Lord struck again to settle the match and see the side move up to second in the table.

■ EAST London Ladies began nervously at Hertford and with a few defenders missing took time to find their feet in this 1-1 draw with Hertford.

Silly mistakes and a lack of concentration gave Hertford

the upper hand, but despite going a goal down after an excellent strike, the girls came back fighting.

Just before the end of the first half, captain Emma Withycomb slotted one away after a great assist from Sabina Barth.

The half-time talk calmed the ladies who came into the second half with an incredible amount of focus and determination. Although Hertford were strong on the break, they were no match for Sammy Jones and her incredible split saves.

The second half really belonged to the East London team who applied constant pressure to the Hertford side. Unfortunately the girls couldn't convert any of their numerous chances so the final score was a 1-1

draw. Woman of the match was Fiene Fischer.

■ THE men's seconds took on local rivals Waltham Forest 2s in the late kick-off at Mile End. In a storming match, the advantage passed between both teams before finishing 4-4. The goals come from Xander Rear-don, Dom Tyler and Alex Pooles, 2.

After letting in an early goal, ELHC quickly equalised after ten minutes, but two further Waltham goals made it 3-1 at the break.

Following an inspiring half-time team talk, the boys in orange turned on the style.

Three early goals saw the East London side go 4-3 up before a Waltham equaliser set up a tense final 10 minutes.

Man of the match went to Alex Pooles for great forward play, with close competition from Dom, Xander

■ WAPPING men's 1st team will have another home game to rearrange after the weather took its toll on the Mile End Stadium astroturf.

The umpires were forced to call off the tie 10 minutes in after both sidelines and goal-lines became completely waterlogged.

Even within the 10 minutes that were played, Wapping had managed to spurn two goal-scoring opportunities through Sam Gilliat and Nick McLaren.

But when the umpires decided to call it off, no-one could disagree as the pitch was totally unplayable.

Soccer round-up Alfie hits six

ALFIE Wren was the star of the East London Sunday League after hitting six goals for Albert Royals in the 11 goal Premier Division game against Springfield.

Royals (Wren, 6, Falaise) were 4-1 down at half-time and the game looked over, but they came storming back to shock Springfield (Byfield, 3, Daniel), and win the game 7-4.

Premier Division

Byron (Cooper, 2, Green) came out on top against an in-form Hackney Downs A in the Premier Division by beating them 3-1; Stoke Newington kept a clean sheet by beating Stratford juniors 7-0.

Division One

Young Prince (Warren, 2) secured their second win in two weeks with another 2-1 success over Cranes; while St. Lucia (James, Regis, Lubin, Volney) won 4-1 against Hackney Downs B (Neville).

Division Two

Cardigan (Cooper, 2, Rodgers) came from a goal down to beat Chettle Court 3-1 at Victoria Park; Workhouse (Pascal, 2, Guilhaume, Raffael) drew 4-4 with New Ward Virtue (Burwood, Field, Cummins, Jeffries); Castrillon lost 5-2 to Hale Rangers (Sani, Boukari, Kasim, Baah and an own goal).

In the East London Cup Arbour (Mason, 2) ran out 2-1 winners against local rivals Morpeth.

box and caught a deflection, leaving a Hampstead defender to palm it off the line. Alexandra Milne slotted home the penalty.

In the end victory came through another superlative Keating set-piece, this time a perfectly weighted free kick that found Milne running in to scramble the ball away from an impossibly acute angle.

Tower Hamlets side defended steadfastly for the last five minutes to maintain second place in the Greater London Women's League Division Two.

Friendly fire

FC Hamlets win 4-1 in a friendly against St Johns Deaf after the referee failed to turn up for their London Cup Fixture at Leyton Score Centre.

Hamlets scored after 20 minutes when John Gilroy finished off an excellent move.

The heavens opened up just after that as Hamlets continued to create chances but couldn't find the back of the net.

John Gilroy was on target again after 35 minutes thumping home an Allan Smith pass, but just before half-time a defensive error saw St Johns Deaf reduce the deficit.

On the hour Johnny Jeannavol made it 3-1 before Laurie With hit the bar from a free kick 15 minutes from time and Chris Barry followed up to complete the rout.

Milne's double

TOWER Hamlets Women's Football Club got back to winning ways with a hard fought 2-1 success against Hampstead.

The encounter was always going to be a competitive affair and the East Londoners were keen to shake off memories of two straight defeats in the last fortnight.

The Cows first test came after 25 minutes when Hampstead broke down the right flank and Tower Hamlets were forced to concede a free kick 30 yards out. The resulting strike proved to be unstoppable.

A shrewd corner from Natalie Keating found wing-back Camilla Cullen and her speculative effort looped high into the

Ace in the pack

WEEK eight of the Community Football League saw ACE turn on the style and end FC Bengal's unbeaten start to the season.

Victory took them to joint top of the league with E7 Probashi who had a 14-0 win.

ACE came from 1-0 down to lead 2-1 at the break with goals from Chris Wright and Nahil Miah. They scored three more in the second half through Lewis Francis, 2, and Pawel Olech to record a 5-3 win.

Results: SYA 1 Mohammedan SC 2; FC Bengals 3 ACE 5; Shadwell 4, East One 1; Poplar United 0 Abohoni 5; Newark 1 Soul 7; London Central 1 West Ham SC 3; E7 Probashi 14 Shoreditch 0.



A star turn

Little Joe, left, was one of the stars of a special Paralympic sports day.

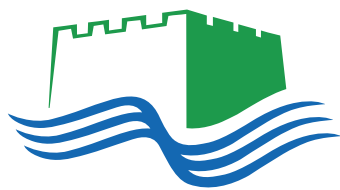
SEE PAGE 37



Stuart strikes gold in Belgium

Stuart Lee, left, fulfilled a lot of his promise when he won a gold medal at the Belgian Youth championships – his last contest as a cadet and one of his best successes to date.

SEE PAGE 34



TOWER HAMLETS

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

Miles serves to fulfil his dream



Miles with the trophy he won at the Totteridge Open event

BY PETER FAULKNER

MILES Mercury is moving up in the world of tennis, but without his father's energy the 12-year-old east Londoner could find it hard to succeed.

Miles recently won the Lawn Tennis Association's Totteridge Open tournament defeating talented Russian Luka Petrovic 7-5, 6-3, 1-0.

It was a win that is expected to push the fifth seed up the Middlesex County rankings from seventh to fifth and give him a Great Britain rating of 74th – an astonishing rise from 126th place.

But training for Miles, of Mansford Street, Bethnal Green, has become something of a lottery and at times has reached almost comical proportions because he does not get funding to employ a professional coach.

That role falls to his father Michael, a 51-year-old salsa dance teacher, who admits being his practice partner is not the ideal tournament preparation for Miles.

"I consider it an honour to be

able to help and play with him," said Michael. "But he doesn't have the luxury of a coach so if he makes a mistake in practice or in a match then I have to go onto the web to find out how you correct those errors.

"And all too often when we have to practise in the house, it means putting up a piece of rope between the furniture – not the best way to develop his ability.

"I also have to be careful when he is competing that I do

not get too critical as this could put him off.

"I am trying to get him more consistent and hopefully we can build on the success of the Totteridge event."

Tower Hamlets has done all it can for the youngster by making sure courts at Bethnal Green Gardens are open early morning for him to practise.

And as there are few competitive opportunities locally, it means he has to travel all across

the country to compete in matches.

Clearly Miles, a pupil at Wapping High School, has the ability and, hopefully, the desire to go to the next level. He has already a borough youth award for being a promising player.

But if Miles continues to succeed and rise up the rankings, he will need more permanent and professional coaching and that's something Michael Mercury is looking at.

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Have a chat and sail the high sea

DOCKLANDS Sailing & Watersport Centre in Westferry Road, Isle of Dogs is inviting residents and corporate clients to join them on November 21 for an informal evening and chat.

There will be advice on dinghy sailing and racing, how to be a day skipper and how to pass the yacht master exam.

A £5 charge will cover food with profits going to the DSWC youth sailing programme. Contact 7537 2626.

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